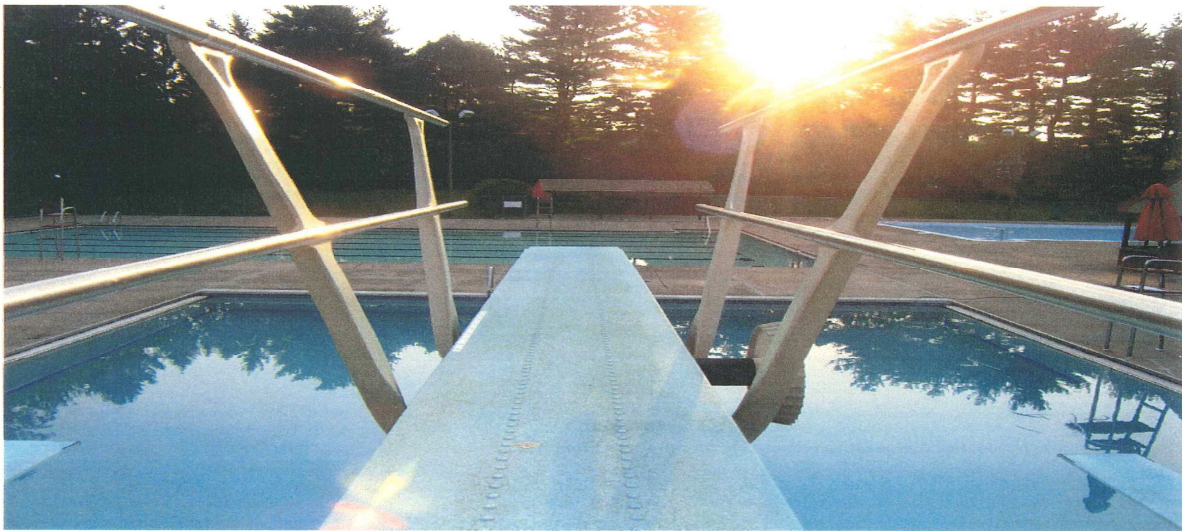


# LEXINGTON RECREATION AND COMMUNITY PROGRAMS

## SPRING & SUMMER 2016 PROGRAM BROCHURE



**Town of Lexington  
Recreation and Community Programs Department**

39 Marrett Road, Lexington, MA 02421 (Community Center location)

1625 Massachusetts Avenue, Lexington, MA 02420 (mailing address)

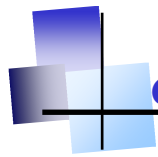
Office: (781) 698-4800      Fax: (781) 861-2747

Cancellation Line: (781) 698-4810

Email: [recdept@lexingtonma.gov](mailto:recdept@lexingtonma.gov)

Website: [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs)

**Spring & Summer Program Registration Begins on  
Monday, March 7, 2016**



## GENERAL INFORMATION

### Mission Statement

The Lexington Recreation and Community Programs Department strives to provide affordable, quality programs meeting the needs of the community. We are committed to providing active and passive leisure opportunities that are educational, fun and life-enriching. The Department promotes participation by all Lexington residents in safe, accessible, and well-maintained facilities.

#### **Recreation Committee**

Rick DeAngelis, Chair  
Lisah Rhodes, Vice Chair  
Sandra Shaw  
Ruixi Yuan  
Jason Denoncourt

#### **Recreation & Community Programs Full-Time Staff**

Karen Simmons, CPRP — Director of Recreation and Community Programs  
Peter Coleman, CPRP, CPSI — Assistant Director of Recreation  
Tyler Radicioni — Recreation Supervisor  
Donna Dutton — Administrative Assistant  
Cherie Robinson — Department Clerk  
Sheila Butts — Community Center Director  
Thomas Romano — Youth and Family Program Coordinator  
Melinda Spencer — Community Center Office Manager

### Enterprise Fund

The department has operated as an Enterprise Fund since 1991. Recreation programs are self-supported by setting fees to cover all expenses. The Director of Recreation and Community Programs, through the Recreation Committee, sets fees with the approval of the Board of Selectmen. The Recreation and Community Programs operating budget supports staff who manage and deliver recreation programs along with the materials and supplies needed to operate these programs. The General Fund supports a portion of the Community Center operation. Surplus revenue generated through the Recreation Enterprise Fund (Recreation, Pine Meadows Golf Club, and Lexington Community Center) helps fund Capital Improvement Projects and financially supports some services provided to the department by other Town departments, and payment of \$100,000 per year towards the Lincoln Park debt.

### Registration Information

**Online registration is the preferred method and strongly recommended** for all programs except swim tag sales. Go to: [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs). We also accept walk-in registration and mail-in registration as long as space is available. Feel free to familiarize yourself with the website prior to registration. All participants must register, submit payment, and complete the registration form, including the waiver release, to be eligible to participate in a program. Registration for spring and summer programs is first come, first served and will be available online as of March 7, 2016 at 12:01am. Resident walk-in registration also begins on March 7, 2016 at 8:00am. Non-resident walk-in and mail-in registration will begin two weeks after resident registration starts. There is a \$5.00 (youth) or \$10.00 (adult) additional fee for all non-resident program registrations. We accept cash, check, MasterCard, VISA, or Discover for mail-in or walk-in registration; credit cards only for online registration.

### Refund Policy

The Lexington Recreation and Community Programs Department reserves the right to cancel, postpone, or combine programs. Every effort will be made to notify participants if a program has been canceled, changed, postponed or relocated due to space availability. Programs are subject to change in personnel. The Recreation and Community Programs Department does not confirm program registrations. **You must be pre-registered to attend all programs.**

- All refunds will be issued in the form of a check from the Town Treasurer's office. **Refunds to credit cards are not permitted.** Please allow 3—4 weeks for processing of refunds.
- If insufficient enrollment causes an activity to be canceled, participants will receive a full refund.
- Refunds, less the minimum \$10.00 non-refundable deposit\*, may be given to a participant who withdraws from a program **two weeks** or more prior to the start of the program. To be eligible for a refund, the request must be in the form of a letter or email to the Recreation and Community Programs Department stating the reason for withdrawing and the participant's name and address.
- Refunds may be given for medical reasons which arise less than two weeks prior to the start of a program. To be eligible for such a refund, the request must be in the form of a letter to the Recreation and Community Programs Department, accompanied by a physician's letter. The minimum \$10.00 non-refundable deposit\* will be deducted from the refund. In the event that a medical issue arises after the start of a program, the refund may be prorated.
- In the event of weather cancellations, the Recreation and Community Programs Department will offer make-up sessions. Refunds or credits will not be given if make-up classes are scheduled and held, but a participant is unable to attend.
- Participants who withdraw from a program five business days prior to the start of a program may receive a **credit**, less the minimum \$10.00 non-refundable deposit\*, towards another Recreation program provided that a waitlist participant fills the spot and/or the minimum level of participants has been reached.
- Participants who withdraw from a program less than five business days prior to the start of the program are **not eligible for a refund or credit** as program expenses (staffing and supplies, etc.) will have been incurred. Refunds or credits will not be given for early termination of a program by the participant.
- **Program Transfers**—If space allows, participants will be permitted to switch/transfer to another class or program. A \$10.00 processing fee will be assessed and must be paid by check or cash when requesting the transfer. Should the program the participant is transferring into have a higher fee, he/she will be expected to remit the transfer fee and the difference at the time of requesting the transfer.

\* **Please note:** Some programs have a different minimum deposit or refund/credit policy, which are noted in the brochure.



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REGISTER ONLINE AT:

[www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs)

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## May 14 - 22, 2016

Visit our website for a calendar of FREE events including guided bike rides, walking tours, educational programs for kids and more!  
*What a glorious morning to leave your car at home!*

[www.LexBikeWalkBusWeek.org](http://www.LexBikeWalkBusWeek.org)



## **HELPFUL TELEPHONE NUMBERS, EMAIL, AND WEBSITES**

### **Recreation & Community Programs and Human Services Departments**

<b>Recreation and Community Programs Department</b>	<a href="mailto:recdept@lexingtonma.gov">recdept@lexingtonma.gov</a>	<b>(781) 698-4800</b>
<b>Online Registration</b>	<a href="http://www.lexingtonma.gov/recreation-and-community-programs">www.lexingtonma.gov/recreation-and-community-programs</a>	
<b>Recorded Program Information &amp; Cancellation Line</b>		<b>(781) 698-4810</b>
<b>Lexington Community Center</b>		<b>(781) 698-4870</b>
<b>Lexington Human Services Department</b>	<a href="http://www.lexingtonma.gov/human-services">www.lexingtonma.gov/human-services</a>	<b>(781) 698-4840</b>

### **Other Organizations in Lexington**

Battle Green Tennis League	<a href="http://www.battlegreentennis.com">www.battlegreentennis.com</a>	
Lexington—Bedford Youth Hockey	<a href="http://www.lbyh.net">www.lbyh.net</a>	
LBH Pop Warner Football	<a href="http://www.lbhpopwarner.com">www.lbhpopwarner.com</a>	
Lexington Babe Ruth League	<a href="http://www.lexington.baberuthonline.com">www.lexington.baberuthonline.com</a>	
Lexington Blue Sox	<a href="http://www.lexingtonbluesox.com">www.lexingtonbluesox.com</a>	
Lexington Chamber of Commerce	<a href="http://www.lexingtonchamber.org">www.lexingtonchamber.org</a>	<b>(781) 862-2480</b>
Lexington Coed Adult Soccer	<a href="mailto:franco.diaz@att.net">franco.diaz@att.net</a>	
Lexington Community Education	<a href="http://www.lexingtoncommunityed.org">www.lexingtoncommunityed.org</a>	<b>(781) 862-8043</b>
Lexington Little League	<a href="http://www.lexingtonlittleleague.org">www.lexingtonlittleleague.org</a>	
LEX FUN (formerly Lexington Preschool PTA)	<a href="http://www.lexfun.org">www.lexfun.org</a>	
Lexington Youth Basketball Association	<a href="http://www.lexhoops.com">www.lexhoops.com</a>	
Lexington Youth Lacrosse	<a href="http://www.lexingtonlax.org">www.lexingtonlax.org</a>	
Lexington United Soccer Club	<a href="http://lexingtonunited.org">http://lexingtonunited.org</a>	
Lexpressas Women Over 40 Soccer	<a href="http://www.lexpressas.org">www.lexpressas.org</a>	
Men's Senior Softball	<a href="mailto:lexsoftball@gmail.com">lexsoftball@gmail.com</a>	
Special Needs Arts Programs, Inc.	<a href="mailto:info@Snapsing.org">info@Snapsing.org</a>	
Visitor's Center		<b>(781) 862-1450</b>





## **241st PATRIOTS' DAY WEEKEND CELEBRATION ~ APRIL 16th—18th, 2016**



### **Saturday, April 16th**

9:00am—4:00pm	Battle Green Guided Tours
9:30am—4:00pm	Buckman Tavern Tours, 1 Bedford Street
10:00am—4:00pm	Liberty Ride Tours (1875 Massachusetts Avenue) and Hancock-Clarke House Tours (36 Hancock Street)
10:00am	Parker's Revenge ~ Battle Green to Minuteman National Park
12:00—4:00pm	Munroe Tavern Tours, 1332 Massachusetts Avenue
1:00pm	Parker's Revenge Memorial Ceremony ~ Marrett Road & Old Massachusetts Avenue
4:00pm	Tower Park Battle Reenactment — Tower Park, Massachusetts Avenue ~ <a href="http://www.battleroad.org">www.battleroad.org</a>

### **Sunday, April 17th**

9:00am—4:00pm	Battle Green Guided Tours s
9:30am—4:00pm	Buckman Tavern Tours, 1 Bedford Street
10:00am—4:00pm	Liberty Ride Tours (1875 Massachusetts Avenue) and Hancock-Clarke House Tours (36 Hancock Street)
12:00—4:00pm	Munroe Tavern Tours, 1332 Massachusetts Avenue
8:00pm	"In Their Own Words" A dramatic telling of the Battle of Lexington using first person accounts from the archives of the Lexington Historical Society ~ Pilgrim Church, 55 Coolidge Avenue
11:30pm	Paul Revere Ride Reenactment ~ Hancock-Clarke House

### **Monday, April 18th**

5:30am	"The Alarm" at the Old Belfry, Belfry Hill
5:30am	Reenactment of the Battle of Lexington on the Battle Green (Dress Rehearsals — Sunday, April 3rd and Saturday, April 9th @ 2PM)
6:00—10:00am	Pancake Breakfasts (Boy Scout Troop #160 @ St. Brigid Church; First Baptist Church of Lexington; and Church of Our Redeemer)
6:00—8:00am	Buckman Tavern Walk Through Tours, 1 Bedford Street
7:30am	Sunrise Youth Parade (Munroe Cemetery to Battle Green)
8:15am	Patriots' Day Ceremonies on the Battle Green
8, 9, 10, & 11am	"First Shot! The Day the Revolution Began" - Movie Screening and Q.& A. at the Lexington Depot
10:00am	Lexington Lions Club 102nd Annual Five-Mile Road Race ~ <a href="http://www.lexingtonlions.org">http://www.lexingtonlions.org</a>
10:15am	Lexington Minute Men Company/DAR Memorial Decoration on the Battle Green
11:00am	USS Lexington Memorial Ceremonies at the Visitors Center, 1875 Massachusetts Avenue
11:15am	Concert of Patriotic Music ~ Hancock Church, 1912 Massachusetts Avenue
12:30pm	Float Judging ~ Massachusetts Avenue, East Lexington
1:00pm	Paul Revere arrives at the Battle Green on Horseback
2:00pm	Patriots' Day Afternoon Parade ~ Massachusetts Avenue & Maple Street to Town Pool Parking Lot

**Town of Lexington — Town Celebrations Committee Recorded Information: (781) 698—4640**

**Please Note:** Patriots' Day schedule and times are subject to change.

**For updated information go to:** <http://www.lexingtonma.gov/town-celebrations-committee>



## **FAMILY FUN NIGHTS at the Community Center**

*Co-Sponsored with the Human Services Department*

### **Family Bingo Night—April 8th**

Bring your friends and family over for another great night of BINGO at the Community Center! Entrance fee includes all your playing needs and goes towards prizes during the night. "Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

<b>Fee:</b>	<b>\$10/Family</b>
<b>Ages:</b>	All
<b>Date:</b>	Friday, April 8th
<b>Time:</b>	6:30–8:30pm
<b>Location:</b>	CC Dining Room 139

### **Family Feud—May 13th**

Has your family has always wanted to participate in Family Feud? Well now you can! Come to the Community Center with a team up to 6 and be speedy with the buzzer and quick thinker! Entrance fee covers prizes for the night. "Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

<b>Fee:</b>	<b>\$10/Team</b>
<b>Ages:</b>	All
<b>Date:</b>	Friday, May 13th
<b>Time:</b>	6:30–8:30pm
<b>Location:</b>	CC Dining Room 139

### **Family Movie Night—June 10th**

Come join us for another great Family Movie Night at the Community Center! Bring family, friends, and neighbors. We will be serving popcorn and watching a family friendly movie! "Walk-ins" are welcome, but pre-registration is required to be guaranteed participation in this event.

<b>Fee:</b>	<b>Free</b>
<b>Ages:</b>	All
<b>Date:</b>	Friday, June 10th
<b>Time:</b>	6:30–8:30pm
<b>Location:</b>	CC Dining Room 139

\* Be on the look out for more Family Fun Nights in our next brochure!



## **Saturday Youth Programs at the Community Center**

### **Guard Up! - Medieval Sword Battle**

Do you dream of battling mythical beasts and meeting mystical characters in an ancient realm? With our interactive sword adventures you can! Our skilled instructors will be your hero guides, taking you through an adventure where you will encounter characters from history, literature, and mythology. Some will guide you in your journey, others will try to stand in your way. Prove your might. Sharpen your wits. Battle like the ancients and win the day for the noble causes of courage, honor, and compassion. All equipment will be provided. Please wear closed-toed shoes and long pants.

<b>Fee:</b>	<b>\$40</b>
<b>Ages:</b>	7–11
<b>Date:</b>	Saturday, April 30th
<b>Time:</b>	2:00–3:00pm
<b>Location:</b>	CC Lower Field

### **Guard Up! - Nerf Zombie Battle**

There has been a zombie outbreak that must be quelled! Together with your mission leader, your team will encounter characters with weaknesses to exploit and will have to keep ammunition and resources close at hand to fight the zombie hords. The adventure will culminate in a final battle, where your team may have to fight a mega-zombie, a rogue agent, or the evil mastermind behind the zombie outbreak and return safety to the world... for now. All equipment will be provided. Please wear closed-toed shoes and long pants.

<b>Fee:</b>	<b>\$40</b>
<b>Ages:</b>	7–11
<b>Date:</b>	Saturday, May 7th
<b>Time:</b>	2:00–3:00pm
<b>Location:</b>	CC Lower Field



# APRIL VACATION WEEK PROGRAMS

## F.A.S.T. ATHLETICS APRIL VACATION SPORTS MANIA



Join us for four fun-filled days of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, flag football, dodgeball, and kickball, but the fun continues with hand ball and pillow polo. Each day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured in this exciting four-day vacation program held in a safe and FUN environment. Please bring a water bottle, snack, and drink. Full day participants should also bring a peanut-free lunch. Be sure to register early!

**Fee:** \$120 (half day) / \$165 (full day)  
**Ages:** 7–12  
**Dates:** Tuesday, April 19th–  
 Friday, April 22nd  
**Times:** 9:00am–12:00pm (half day)  
 9:00am–3:00pm (full day)  
**Location:** Center Recreation Complex

## LEXINGTON COMMUNITY CENTER - APRIL BREAK VACATION PROGRAM

**NEW**



Our April Break Vacation program will run Tuesday, April 19th–Friday, April 22nd from 9:00am–3:30pm. You can sign up for a half day (9:00am–12:00pm) or a full day (9:00am–3:30pm). Your child will be participating in group team-building games in the morning and afternoon, various physical activities on the lower lawn of the Community Center, and they will also be challenged in making fun, useful crafts that they will get to take home every day! At the end of the week, we will be taking a field trip and watching a movie at the AMC theater in Burlington!

**Fee:** \$85/Half Day  
 \$170/Full Day  
**Ages:** 7–10  
**Dates:** Tuesday, April 19th–  
 Friday, April 22nd  
**Times:** Half day: 9:00am–12noon  
 Full day: 9:00am–3:30pm  
**Location:** Lexington Community Center

## RAD SELF DEFENSE FOR KIDS

The Lexington Police Department and the Lexington Recreation and Community Programs Department are proud to be collaborating on this very important Kids Self Defense Program. Over the course of the program, taught by Lexington Police Officer Charles Crayton, students will be involved in a discussion of risk reduction strategies, continuum of survival, defensive strategies and the basic principles of defense. Participants will then begin the process of hands-on training. The program will culminate with students participating in “simulated assault” scenarios at full contact with RAD instructors. Kids have the opportunity to utilize their skills in a safe training environment monitored by instructors. Participants should wear loose fitting, comfortable clothing and bring a water bottle to class.

**Fee:** \$75  
**Ages:** 7–14  
**Dates:** Tuesday, April 19th–  
 Friday, April 22nd  
**Times:** 1:00–3:00pm  
**Location:** CC Room 006

## APRIL VACATION ARCHERY CLINIC



During the April school vacation week, participants will learn to shoot a bow and arrow in the Junior Olympic archery development program under the direction of a certified instructor from **Archery USA**. All equipment is provided. Students will progress at their own pace. *Enrollment is limited.*

**Fee:** \$100  
**Ages:** 9–14  
**Dates:** Tuesday, April 19th–  
 Friday, April 22nd  
**Times:** 9:00–10:45am or  
 11:00am–12:45pm  
**Location:** Lexington Community Center

## STONE MEADOW APRIL VACATION JUNIOR GOLF CLINICS

The Lexington Recreation and Community Programs Department and Pine Meadows Golf Club are pleased to partner with Stone Meadow Golf to provide Junior Golf Clinics. These are beginner clinics for kids to learn the fundamentals of the golf swing and gain insight into the wonderful game of golf. **Contact Stone Meadow Golf at (781) 863-0445 to register.**

**Fee:** \$135 (payable to Stone Meadow)  
**Ages:** 7–14  
**Dates:** April 18th–21st (rain date of 4/22)  
**Times:** 9:00–10:00am (ages 7–10)  
 10:00–11:00am (ages 11–14)  
**Location:** Stone Meadow Golf,  
 675 Waltham Street, Lexington

## APRIL VACATION CHESS CLINIC

Join U.S. Chess Federation expert **James Della Selva** for a Spring Vacation Chess Clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in daily matches.

**Fee:** \$125  
**Ages:** 6–15  
**Dates:** April 19th–22nd  
**Time:** 10:00 a.m.–12:00 noon  
**Location:** CC Room 230

# **SPRING PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS**

## ZUMBA KIDS

Taking kids to *explore the world through music & dancing!* It helps develop confidence, creativity, coordination, and cultural awareness. A super fun dance fitness party for kids!!

Please bring dance sneakers and a water bottle.



**Fee:** \$80  
**Ages:** 7–11  
**Dates:** Thursdays, April 28th–June 2nd  
**Time:** 3:30–4:15pm  
**Location:** CC Room 006

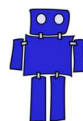
## KEYS FOR KIDS—MUSIC LESSONS

Come Join Keys for Kids on a 10-week musical lesson that your child will love! We offer the highest standard of excellence with hands-on personalized instruction. We hire only the best teachers who have a warm and supportive disposition and that come to us with dynamic program ideas! Each lesson will run for 45 minutes and will take place in a group setting.

**Fee:** \$260  
**Ages:** 3.5–5  
**Dates:** Tuesdays, April 5th–June 14th (No class 4/19)  
**Time:** 10:00–11:00am  
**Location:** CC Room 230

## WICKED COOL FOR KIDS—LEGO ROBOTICS

LEGO Robotics introduces kids to robotics programming. Kids create bots with motors and sensors and program them on our own computers. There are lots of challenges to engage budding techies.



**Fee:** \$125  
**Ages:** 8–10  
**Dates:** Mondays, March 28th–May 9th (No class 4/18)  
**Time:** 4:00–5:00pm  
**Location:** CC Room 230

## WICKED COOL FOR KIDS—WICKED COOL DISCOVERY LAB

Six of our favorite science lessons wrapped up into one fun-filled program! Explore the Earth by making Mesozoic volcanoes and delve deep into the ocean to the coral reefs. Get electrified creating simple circuits and become a chemist to make a rainbow slime. Each week we'll get into fun science and engineering challenges all tried and true favorites!

**Fee:** \$125  
**Ages:** 7–9  
**Dates:** Tuesdays, March 29th–May 10th (No class 4/19)  
**Time:** 4:00–5:00pm  
**Location:** CC Room 230/232

## WICKED COOL FOR KIDS—LEGO ENGINEERING JUNIOR IMAGINEERS

A Wicked Cool for Kids exclusive! Using LEGO DUPLOs, kids in grades K-1 will listen to stories based on popular fairy tales. Kids will use the engineering design process to help solve their hero's problems using simple machines. Help LEGO Sam and Sara create Rapunzel's tower and a pulley system to lift her lunch! Prince Charming's buggy is busted—can Sam and Sara build a Charming Car to carry the Prince's blocks and save the day? This program will emphasize creativity, cooperation, engineering, math, and literacy skills.

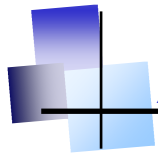
**Fee:** \$125  
**Ages:** 5 and 6  
**Dates:** Thursdays, March 31st–May 12th (No class 4/21)  
**Time:** 4:00–5:00pm  
**Location:** CC Room 232

## BIKE SMART PROGRAM

In partnership with the Lexington Bicycle Advisory Committee, the Friends of Lexington Bikeways, MassBike, and the Lexington Police Department, the 3rd annual Bike Smart program will be offered this year. This program is a part of *Bike Walk 'n Bus Week* in Lexington and is designed for children in 4th and 5th grade. Bike Smart classes build rider confidence, whether riding for fun or transportation. Students will learn how to evaluate if their bicycle is safe to ride, proper helmet fit, bicycle handling techniques, signaling, and additional biking skills.

**Fee:** \$5  
**Ages:** 9–11 (Grades 4 & 5)  
**Date:** Saturday, May 14th  
**Time:** 2:00–4:00pm  
**Location:** Lexington Community Center





# SPRING PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

## VIKING PRE-SCHOOL SOCCER



This fun program will give children a chance to learn some basic soccer skills while playing soccer-related games and drills. All classes conclude with a scrimmage. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45-minute program and encouraged to participate with their child.

## VIKING MULTI-SPORTS CLINIC

**NEW**



Children will be introduced to a fun variety of age-appropriate sports and games each week. Games include dodgeball, capture the flag, soccer, tag, World Cup, team handball, and more! If you're looking for a program that offers a mix of traditional instruction and skill development that is reinforced with a scrimmage, then this Multi-Sports Clinic is for your child! Participants should bring a water bottle.

## F.A.S.T. ATHLETICS PRE-SCHOOL T-BALL



Let's take a walk through the fundamentals of America's favorite pastime. Children will learn the basic skills in fielding, throwing, hitting, and base running. In addition, they will play games such as home run derby, last one standing, and running bases. This is an easy introduction into t-ball where learning and skill development are our priorities. Participants should bring a water bottle and while a glove is not necessary, they can bring one if they would like.

## F.A.S.T. ATHLETICS FLAG FOOTBALL

**NEW**



F.A.S.T. Athletics will teach everyone game strategies, catching techniques, and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, Fourth and Inches, and the QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! Participants should bring a water bottle.

## LIGHTNING TRACK CLINIC

This 6-week program, under the direction of LHS track coach **Jon Cunha**, is designed to introduce students to the world of track and field. Participants will learn proper stretching, warm-up and cool-down techniques, and build the necessary skills to participate in our annual end-of-the-season meet. Participants should bring a water bottle.

## GIRLS OPEN GYM HOOP TIME

Girls only open gym time, supervised by **Kathryn Robb and Liz O'Neil**. Girls - lace up your sneakers and come shoot around, play pick-up basketball, shooting games, etc. Work on your basketball skills and have fun with other players and friends. This is not a team practice time, just fun open gym time to play hoop and shoot around! This program is being offered in partnership with Play to Play, a non-profit organization devoted to empowering girls through the game of basketball.



**Fee:** \$80  
**Ages:** 4 and 5  
**Dates:** Fridays, April 29th–June 3rd  
**Times:** 3:45–4:30pm or 4:45–5:30pm  
**Location:** Muzzey Field

**Fee:** \$80  
**Ages:** 4–7  
**Dates:** Wednesdays, April 27th–June 1st  
**Times:** 3:45–4:30pm (ages 4 & 5)  
4:45–5:30pm (ages 5–7)  
**Location:** Muzzey Field

**Fee:** \$85  
**Ages:** 3–5  
**Dates:** Thursdays, April 28th–June 2nd  
**Times:** 3:45–4:30pm or 4:45–5:30pm  
**Location:** Muzzey Field

**Fee:** \$90  
**Ages:** 7–12  
**Dates:** Tuesdays, April 26th–May 31st  
**Time:** 4:00–5:00pm  
**Location:** Muzzey Field

**Fee:** \$80  
**Ages:** 7–14  
**Dates:** Wednesdays, April 27th–June 1st  
**Time:** 6:00–7:00pm  
**Location:** Track @ Center Recreation Complex

**Fee:** \$30  
**Ages:** 8-17 (Girls Only)  
**Dates:** Fridays, March 18th–May 6th (No class 3/25 & 4/22)  
**Time:** 6:00–8:00pm  
**Location:** Estabrook School Gym



# SPRING PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

## SPRING YOUTH TENNIS LESSONS

The Spring Youth Tennis Lessons are designed to introduce children ages 4 to 14 to the life-long sport of tennis. The participants will learn the basic rules of the game, work on stroke development and serves (when appropriate) through drills and games. Lessons are held at the Clarke Tennis Courts. *Enrollment is limited to 8 per class.*

### AGES 4 & 5

**\$60**

**Dates:** 6 Tuesdays, April 26th—May 31st

**Times:** 4:15—4:45pm or 4:45—5:15pm

### AGES 6 & 7

**\$60**

**Dates:** 6 Tuesdays, April 26th—May 31st

**Time:** 5:15—5:45pm

### AGES 8 & 9

**\$60**

**Dates:** 6 Thursdays, April 28th—June 2nd

**Time:** 4:15—4:45pm

### AGES 10 & 11

**\$60**

**Dates:** 6 Thursdays, April 28th—June 2nd

**Time:** 4:45—5:15pm



### AGES 12—14

**\$75**

**Dates:** 6 Thursdays, April 28th—June 2nd

**Time:** 5:15—6:00pm

## PUDDLESTOMPERS NATURE EXPLORATION

**NEW**



Led by **PUDDLESTOMPERS Nature Exploration**, explore the wonders of nature this spring with your young naturalist! Learn how flowers grow and dig for worms and other creatures under the soil. Discover the amazing open spaces Lexington has to offer. Weekly classes include hands-on nature exploration, active movement and play, snack, and a story.

**Fee:** **\$176**  
**Ages:** 2—5 with parent or caregiver  
**Dates:** Wednesdays, April 6th—June 1st (No class 4/20)  
**Times:** 9:30-10:25am (ages 2 & 3)  
 10:30-11:25am (ages 3-5)  
**Location:** CC Room 230/232

## ARCHERY CLINIC



During this five-week program, participants will learn to shoot a bow and arrow in the Junior Olympic archery development program under the direction of a certified instructor from **Archery USA**. All equipment is provided. Students will progress at their own pace. *Enrollment is limited.*

**Fee:** **\$115**  
**Ages:** 9—14  
**Dates:** Thursdays, May 12th—June 9th  
**Time:** 3:45—5:15pm  
**Location:** Lexington Community Center

## Pre-Ball

**Free**

**Age:** 4 and 5 by 4/30/16 **NO YOUNGER**

**Dates:** Saturdays beginning May 7th

**Time:** 9:00—9:45am

**Location:** To Be Announced



Led by Warren Wilson, this program, now in its **31st year**, will teach children the basics of baseball. Children must be accompanied by a parent/guardian.

The program is **FREE**, but pre-registration is required. Registration opens on **March 21st**. To register, go to the Recreation & Community Programs Department website: [www.lexingtonma.gov/recreation-and-community-programs](http://www.lexingtonma.gov/recreation-and-community-programs).

The program is open to the first 100 children who register.



## SPRING PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### BUDA ULTIMATE FRISBEE CLINICS

**BUDA** and the **Lexington Recreation and Community Programs Department** are providing an expanded youth Ultimate Frisbee program this spring. This fun, fast-paced sport is popular in schools (including our own Lexington High School state champions!) and in adult recreational play and competitive leagues. Our program is designed to teach children all they need to know in order to play and have fun. Both U14 programs are intended for students who are not in high school yet. The U14 Travel program focuses on preparation for high school competition and there will be two half-day tournaments during the season for that group.



Our programs all feature a mix of individual skills work, group games, and drills. They are designed to be fun and very active. All players should bring water. For the more advanced groups, we highly recommend all players come with cleats.

**Fee:** \$95 per child

**Dates:** Sundays, May 1st–June 12th

**Location:** Diamond Middle School Fields

**U10 Program:** 2:00–3:30pm

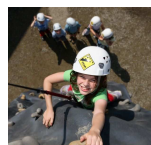
**U12 Program:** 2:00–3:30pm

**U14 Developmental:** 3:30–5:00pm

**U14 Travel:** 3:30–5:00pm

### YOUTH ROCK CLIMBING

**NEW**



We are excited to announce our new Youth Rock Climbing program! This program will take place each week in a 2-hour time slot. A dedicated group of seasoned instructors will work alongside the participants to help build climbing skills in a supportive and friendly environment. The staff will take care of all the rope management aspects of climbing, so the participants can focus on climbing and having fun! This will be a great activity on early release days this spring!

**Fee:** \$150  
**Ages:** 8–11  
**Dates:** Thursdays, April 28th–June 2nd  
**Time:** 2:00-4:00pm  
**Location:** Boston Rock Gym,  
Olympia Avenue in Woburn

### BREAKING WITH BRANDON

**NEW**

Join **Brandon Pena** in this intro to breakdancing class. With his four years of experience, he will teach your child how to safely learn the fundamentals of breakdancing while also building the strength and stamina needed to be a great break-dancer.

**Fee:** \$125  
**Ages:** 12–15  
**Dates:** Saturdays, April 30th–June 4th  
**Time:** 12:15-1:15pm  
**Location:** CC Room 006

### TRAIN LIKE A BOXER!

The Lexington Community Center is thrilled to present Introduction to Boxing - led by USA **Boxing Certified trainer/coach Todd Paris**. This program has been specifically designed to include: stretching & warm up exercises, instruction on stance, body positioning, punching techniques, punching in bunches on shields and mitts, jumping rope, push-ups, ab work, and teaching you how to work well with a partner and team! Fee includes free hand wraps!



\* For an added \$25, you can get your very own set of boxing gloves. Must order 2 weeks before the start of the class.

**Fee:** \$175  
**Ages:** 12–15  
**Dates:** Mondays and Wednesdays,  
April 25th–June 8th  
**Time:** 4:15–5:15pm  
**Location:** CC Room 006

**CC = Lexington Community Center**



## SPRING PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### ACTING UP! WITH KIDSTOCK!

This cast of young playwrights will explore a new storybook each week with creative theater games and character role play using costumes and props to develop basic acting skills.

For the end of our 6 weeks every student will appear as a character role in a costumed dramatic presentation of the final storybook for an audience of family and friends during the final 30 minutes of the last class.

Each session is a unique set of books following a theme.



<b>Fee:</b>	<b>\$135</b>
<b>Ages:</b>	6-8
<b>Dates:</b>	Mondays, April 25th— June 6th (No class 5/10)
<b>Time:</b>	4:00—5:30pm
<b>Location:</b>	LCC Room 242

### ICE SKATING LESSONS

Learn to Skate classes are for participants ages 3 and up who have little to no formal skating experience. Skaters should wear warm, comfortable clothing that allows for movement; waterproof clothing and gloves are strongly recommended for skaters ages 3-6. A helmet (such as a bike helmet) is required and rental skates are available (free of charge) on a first-come, first-served basis. Participants should arrive 15-20 minutes prior to the class start time.



**Pre-Tot: Ages 3 & 4**— Instructors use songs, games, toys, and other fun methods to introduce little ones to the ice in a group class setting. Participants must be potty-trained.

**Tot 1: Ages 3-6**— For new participants ages 5 to 6 and 3 to 4 years old who have mastered the skills in Pre Tot. Participants must be potty-trained.

**Youth 1: Ages 6-12**— Instructors use games and a fun, challenging environment to teach beginning skating elements. These lessons are designed to teach basic motion, balance, and coordination that prepare skaters for hockey or figure skating.

**Teen/Adult: Ages 13 and Over**— The instructor will encourage the development of balance, coordination, mobility, and other basic skating skills at a comfortable pace. Classes will be divided by ability and/or age if possible.

**Dates:** 7 Wednesdays, May 4th—June 15th

**Times:** 4:10-4:50pm (Pre-Tot, Tot 1, and Teen/Adult)  
4:50-5:30pm (Youth 1)

**Location:** Burlington Ice Palace, 36 Ray Avenue in Burlington

**Fee:** \$129.00 per person

Don't let LOW ENROLLMENT ruin your program! Most program cancellations are due to not enough sign-ups for an instructor to run a class.

You should register

AT LEAST ONE WEEK before your program is scheduled to begin.

Don't procrastinate, SIGN UP NOW!





## SPRING PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

### BUBBLE SOCCER!!

NEW

**Bubble soccer** (bubble football) was originally invented by Norwegian friends in 2011. If you are looking for a new and unique form of entertainment that you and your friends will never forget, look no further. Come over to the Community Center for an awesome 2-hour event where you will get to play the awesome sport of Bubble Soccer! Participants will be separated into two groups: grades 6-8 and grades 9-12. We will have music playing, we will keep you hydrated, and it will be a blast! Come by yourself or get all your friends to come and challenge them in the sport where you are not only allowed but encouraged to run into other players.



**Fee:** \$40  
**Ages:** Grades 6—12  
**Date:** Saturday, May 21st  
**Time:** 2:30—4:30pm  
**Location:** CC Lower Field



### JANET FELD PRIVATE MUSIC LESSONS

NEW

Would you love to be able to play the guitar or piano but think that you're too old, too busy, or that only people from the special talented planet can? Or maybe your kids have been begging you for lessons and you're looking for a teacher that will make the learning fun and imbue a lifetime love of music. There are only spots for 6 private lessons. Once you have registered we will give you Janet's contact and she will set up with you if you would like to play the piano or the guitar!!

**Fee:** \$800  
**Ages:** Grades 6—12  
**Dates:** Thursdays, March 31st—May 26th  
**Time:** 30-Minute Lessons between 1:00—4:00pm  
**Location:** CC Room 123

### TEEN ROCK CLIMBING

NEW

We are excited to announce our new Teen Rock Climbing program! Climbing is more than just a physical workout. It's an exercise for the mind and soul. Our rock climbing program will explore varying disciplines of climbing, led by a seasoned group of instructors. Each week, topics such as rope management, which allows for independence while climbing, and techniques which will promote progression will be covered. The staff at the **Boston Rock Gym** is excited to share their passion for climbing with you!

**Fee:** \$150  
**Ages:** 12—18  
**Dates:** Fridays, April 29th—June 3rd  
**Time:** 7:00—9:00pm  
**Location:** Boston Rock Gym, Olympia Avenue in Woburn

### SUPER SOCCER STARS SPRING PROGRAMS

Join Super Soccer Stars for some soccer fun this spring! Super Soccer Stars will be offering a variety of programs on Monday afternoons, Wednesday and Thursday mornings, and Saturdays this spring, including their Kick and Play program for children ages 12 to 24 months, Super Soccer Stars for boys and girls ages 2—9, and their Premier Development program for advanced players!

All of these programs will be held at either the Hastings School field, which is located on Crosby Road off Massachusetts Avenue, or at the Muzzey Field, located on Massachusetts Avenue.

**PLEASE NOTE:** All registration for Super Soccer Stars programs must be done directly through Super Soccer Stars. You may register online by going to: <http://boston.supersoccerstars.com>.





# SPRING PRE-SCHOOL, YOUTH, AND TEEN PROGRAMS

## COMBINED MARTIAL ARTS



Come to the Community Center and join instructor Charles **Crayton Jr.**, a 6th degree black belt, for classes in combined martial arts. Come away learning self-defense moves of all kinds, a sharper mind, patience, and self discipline.

**Fee:** \$85  
**Ages:** 8—15  
**Dates:** Tuesdays, May 3rd—  
June 7th (Ages 8—11)  
Thursdays, May 5th—  
June 9th (Ages 12—15)  
**Time:** 4:30—5:30pm  
**Location:** CC Room 006

## BEGINNER YOUTH CHESS CLASSES (6-weeks)

Students will join **Jim Della Selva** to begin exploring chess theory and strategies, learning the basics of the game through instruction, play, theory, and group work on chess problems and games. Class size is limited to 8.



**Fee:** \$125  
**Ages:** 5—11  
**Dates:** Thursdays, April 14th—  
May 26th (No class 4/21)  
**Time:** 4:35—5:35pm  
**Location:** CC Room 217

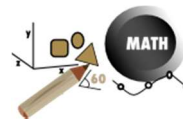
## INTERMEDIATE AND ADVANCED YOUTH CHESS CLASSES

More experienced youth players will join **Jim Della Selva** to further explore chess theory and strategies. The course will consist of instruction, play, theory, and group work on chess problems and games. Class size is limited to 8.

**Fee:** \$125 (Intermediate)  
\$ 63 (Advanced)  
**Ages:** 6—13  
**Times:** (8) Tuesdays, April 12th—  
June 7th (Intermediate),  
4:35—5:35pm  
(4) Tuesdays, May 17th—  
June 7th (Advanced),  
5:35—6:35pm  
**Location:** CC Room 242

## EVERYDAY I'M CALCULATIN'

Do you want to see improvement in your grades, in your understanding, and in your confidence in math? Join an experienced and fun math teacher and tutor for an hour of homework help, re-teaching difficult concepts, and previewing upcoming units. We will pay attention to both the big picture and the little details. Math can and will be fun!



**Fee:** \$105  
**Ages:** 10—13  
**Dates:** Wednesdays,  
April 27th—June 1st  
**Time:** 5:00—6:00pm  
**Location:** CC Room 217

## ROMAN MUSIC THERAPY

Your child is growing so fast now and exploring new ways of playing, interacting, and making music. As young children develop between two and a half and four years of age, they need lots of opportunities for freedom, imagination, creativity and social play. With increased verbal, cognitive, and imaginative problem solving skills, the children in Sprouting Melodies 4 will be "leaders" in music experiences as they explore and create a musical environment that fosters growth. In Sprouting Melodies 4, the music therapist in this group serves as a guide for their newly developed ways of playing with sounds, instruments, toys, their peers, and their parents.

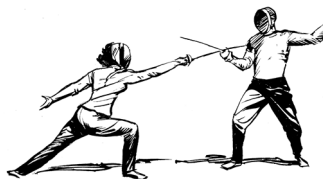
**NEW**

**Fee:** \$265/session  
**Ages:** 2.5—4  
**Session I:** Tuesdays, March 29th—  
May 10th  
**Session II:** Tuesdays, May 31st—  
July 12th  
**Time:** 3:00—4:00pm  
**Location:** CC Room 006

## FUNDAMENTALS OF FENCING

Whether you are new or more experienced, you will learn new techniques and try out the skills in weekly duels and sword games instructed by **Mythquest Edutainment staff**.

*Come join the fun in this safe, unique, fun-filled program. Enrollment is limited to 12.*



**Fee:** \$90/session  
**Ages:** 7—14  
**Session I:** Tuesdays, May 10th—  
June 14th  
**Session II:** Tuesdays, July 12th—  
August 16th  
**Time:** 6:30—7:30pm  
**Location:** CC Room 232

CC = Lexington Community Center

## ***Middle School Early Release Program—Thursday, May 19th***

### ***Mini Golf, Bumper Boats, and Ice Cream too!!!***



Come along to play mini golf, take a ride on bumper boats, and enjoy homemade ice cream at **Kimball Farm in Westford** on Thursday, May 19, 2016. We will meet you at 11:45am at your school, eat lunch, and board the bus by 12:30pm for the drive to Kimball Farm. Upon arrival at Kimball Farm, we will participate in mini-golf and bumper boat fun and use your ticket for a small ice cream cone. We will depart Kimball Farm by 3:45pm. Your parent/guardian should pick you up between 4:15-4:30pm at your school. For Boston students, you will be supervised at your designated school until the late bus picks you up.

The fee is **\$40.00** (includes transportation, one round of mini golf, a turn on the bumper boats, and a small ice cream cone). **You will need to bring your lunch to school or you may choose to purchase it at the Kimball Farm Snack Shack.** Some financial assistance is available upon request. Please contact the Recreation and Community Programs Department at (781) 698-4800 for more information.

### **Middle School Early Release Day Program**

Return the form along with your **check** no later than **Thursday, April 28th** to the **Lexington Recreation and Community Programs Department office** (not your homeroom teacher). Space is limited, and the trip may be full prior to this date. **Please make check only payable to: Town of Lexington.** **In order to receive a refund or program credit, you must cancel your child's slot by 4:30pm on Thursday, May 12th, 2016.**

Name \_\_\_\_\_ Home Phone \_\_\_\_\_  
Parent's Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_  
Address \_\_\_\_\_ Zip Code \_\_\_\_\_  
Date of Birth \_\_\_\_\_ M \_\_\_ F \_\_\_ Grade \_\_\_\_\_ School \_\_\_\_\_  
Email Address: \_\_\_\_\_

If your child has any medical issues or allergies we should be aware of please list here: \_\_\_\_\_

I/We, the parent(s)/guardians of the above named minor, hereby consent to his/her participation in the Middle School Early Release Program at Kimball Farm in Westford, MA, sponsored by the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorney from any and all liability or expense arising out of any injury involving or on account of any injury to above named minor in conjunction with this program.

- Phone/cell phone where parent can be reached on Thursday, May 19th \_\_\_\_\_
- Or, in the event of an emergency, please call: Name: \_\_\_\_\_ Phone: \_\_\_\_\_
- If I cannot be reached in an emergency, I hereby give permission to the Town of Lexington staff to authorize a physician at a local hospital to secure proper treatment for my child as named above.
- I understand that my child will be picked up at his/her middle school and transported to Kimball Farm on a C&W school bus. The trip participants will be dropped off at their designated school for a 4:15pm pick up.
- ***I understand that if the trip to Kimball Farm is canceled because of adverse weather, the participants will be dismissed from their middle school at the early release day time of 11:45 am and payment will be refunded or credited to your account.*** Information regarding a weather cancellation will be announced at the middle schools and put on the Recreation and Community Programs Department information line: **(781) 698-4810.**

Parent/Guardian Signature \_\_\_\_\_ Print name \_\_\_\_\_ Date \_\_\_\_\_

**Return this registration form with a check in the amount of \$40.00 payable to the Town of Lexington to:**  
**Lexington Recreation and Community Programs Department, 1625 Massachusetts Avenue, Lexington, MA 02420 (mail) or**  
**Lexington Community Center, 39 Marrett Road, Lexington, MA 02421 (office)**

**The registration deadline (if space is still available) is: Thursday, April 28th, 2016.**



## **DROP-IN ACTIVITIES AT THE COMMUNITY CENTER**

### **STRETCH AND BEND**

Ages 60+ are invited to come to the Lexington Community Center weekdays at 9:00am to join our 30-minute, volunteer-led exercise program, designed to loosen you up and get you ready for the day!

### **DROP-IN BRIDGE**

Meet your bridge-playing friends at the Center for a cup of coffee, followed by a few games of bridge on Wednesday afternoons from 1:00—3:00pm in the Mansion.

### **BILLIARDS & TABLE TENNIS - Weekdays, 8:00am—8:45pm    Saturdays, 9:00am—4:45pm**

Drop-in during our normal operating hours and meet old friends or make new friends during a fun game of ping pong or pool. The rooms are open to all and we gently ask that you limit your use of the tables if others are waiting to play. Check-in at the transaction counter to see if any leagues have time booked. **Senior Specific Programs run Mondays, Wednesdays, and Fridays, 1:00—3:00pm.**



### **DROP-IN MAH JONGG**

Do you like to play Mah Jongg? If so, come on down to the Community Center on **Monday** afternoons from 1:00—3:00pm in the Mansion.

### **DROP-IN POKER**

If you like to play poker but don't want the high stakes, then come over to the Community Center on **Thursday** afternoons from 1:00—3:00pm in the Mansion.

### **DROP-IN BOARD GAMES**

Do you like to play **Scrabble**? How about **Chess**, **Checkers**, **Monopoly**, or **Dominoes**? If so, grab a friend and come on down to the Community Center any weekday from 8:00am to 8:45pm and Saturday, 9:00am—4:45pm.

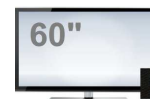
### **CARDIO FITNESS ROOM - Weekdays, 8:00am—8:45pm    Saturdays, 9:00am—4:45pm**

Do you like the smaller gym atmosphere, but still like the equipment that is at the big gyms? If yes, then come down to the Community Center fitness room where you can use treadmills, ellipticals, stationary bikes, a spin bike, a stair stepper, dumbbells ranging from 3lb-50lb, and a water rower. If you go down the hall to our smaller fitness room you can find kettlebells and a total body machine with instructions!



### **GAMES ROOMS [ROOMS 107 AND 108] - Weekdays, 8:00am—8:45pm    Saturdays, 9:00am—4:45pm**

Do you want to just come to the Community Center to hang out? Then come on by to the games rooms where we have air hockey tables, video game systems, a 60" TV, and board games for everyone to play all day. Come by with your friends, family, and neighbors and enjoy yourself.



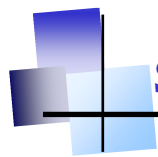
### **SENIOR BINGO**

Come over to the Community Center with your friends and neighbors and enjoy many fun games of bingo with our brand new flashboard. Senior Bingo time is every Friday afternoon from 1:00—3:30pm in the Lexington Community Center Dining Room. See what you can win...because who doesn't like a little extra cash for the weekend!

**DROP-IN CORNHOLE** Stop by the Community Center on **Tuesday** afternoons from 1:00—3:00pm and join friends for a rousing game of cornhole!







## SPRING ADULT PROGRAMS

### BODY CORE—Total Body Fitness

Body Core is a total body workout class that includes low impact-high intensity cardio routines, body-sculpting, core strengthening exercises using the Pilates method, Yoga stretching, and Zumba dance. You will learn to strengthen and sculpt lean muscle, increase flexibility, and improve your posture. Instructor **Ellen Gaies** will show you how to get dancer fit and achieve a stronger body. Please bring a roll-up mat, aerobics style shoes, and hand weights. Optional: bring a large or small fitness ball and handled stretch band.



**Fee:** \$80  
**Dates:** 10 Thursdays, April 14th—  
June 16th  
**Time:** 6:00—7:30pm  
**Location:** CC Room 006

### MONDAY AEROBICS, ZUMBA DANCE, AND MOVEMENT



Take your Thursday night Body Core workout to a different level and join instructor Diane Taylor every Monday for an Aerobics, Zumba dance, and movement workout geared to strengthen your muscles, improve your cardio health, increase your flexibility, and provide you with a fun, entertaining evening of exercise!

**Fee:** \$80  
**Ages:** 18+  
**Dates:** 10 Mondays, April 11th—  
June 27th (No class 4/18 &  
5/30)  
**Time:** 6:00—7:30pm  
**Location:** CC Room 006

### OSTEOFITNESS—Building Bone Building Bonds

This is a successful evidence-based class targeting osteoporosis that brings results. Build new bone with progressive strength training targeted to the most common osteoporotic sites – spine, hip, and wrists without bisphosphonates. Learn drills that prevent falls and improve mobility, many of which travel well to your home and when you are out and about. Participants will be in a fun and supportive environment where many fitness levels are presented. This class is designed for post-menopausal women who have or who are at risk for osteoporosis and does not exclude men or those who are looking for strengthening and balance development. This class is modeled after “Strong Women Stay Young” and includes all joint-friendly moves as advised by the Arthritis Foundation. Instructor: **Beverly Iker** *Please bring your own mat.*



**Fee:** \$115 (1 day)  
\$215 (2 days)  
**Dates:** 8 Tuesdays and Fridays,  
April 5th—May 27th  
**Times:** 9:15—10:15am (Tuesdays)  
9:00—9:55am (Fridays)  
**Location:** CC Room 006

### ADULT CHESS CLASS

Have you always wanted to learn chess or improve upon your chess skills? If so, you are invited to join our Chess Master, **Jim Della Selva** to begin exploring chess theory and strategies, learn and improve upon the basics of the game through instruction, play, theory, and group work on chess problems and games. Class size is limited to 8. Register early!



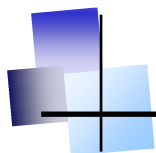
**Fee:** \$63  
**Ages:** 18+  
**Dates:** 4 Tuesdays, April 12th—  
May 10th (No 4/19)  
**Time:** 6:00—7:00pm  
**Location:** CC Room 245

### DEFENSIVE TECHNIQUES FOR TRAVELING ADULTS

**NEW**

Offered by Combined Martial Arts, Inc. Instructor **Cleveland Coats Jr.**, retired sergeant of State Police, executive protection specialist, and tactical operation instructor. Co-run by **Charles Crayton Jr.**, chief instructor and 6th degree black belt. Come away from this class learning basic self-defense techniques and situational awareness in the public environment.

**Fee:** \$128  
**Ages:** 18+  
**Dates:** 4 Mondays, April 4th—  
May 2nd (No class 4/18)  
**Time:** 7:00—8:30pm  
**Location:** CC Room 242



## SPRING ADULT PROGRAMS

### WOMEN'S FITNESS BOOT CAMP

This popular 10-week fitness program is designed specifically for women and will incorporate upper and lower body weight exercise as well as cardiovascular activities. Band work and many body exercises will be included. **Paul McManus** returns to lead this program. All levels of ability are welcome to participate. Women should bring a jump rope, an exercise mat, and two 5-10 lb. hand weights.

### "LEX GET FIT!" - CARDIO BOOT CAMP FOR WOMEN

Get in shape before summer at this outdoor boot camp for women! The hour always includes a warm up, stretch, cardio, abs/core, flexibility, strength, and cool down. Every class is different. Take it at your own pace and watch your progress. Join with a friend and have fun while working out together. All levels of fitness welcome. You'll never get bored with stations, circuit training, Tabata style timing, partner activities, some themed classes and group games. During the 8-week session, you will be introduced to exercises with kettle bells, gliding discs, cordless jump ropes, BOSU balls, resistance bands, stability balls, medicine balls, and more! Wear your sneakers to class and bring your yoga mat, hand weights, & water. If you don't have your own equipment, it will be provided for you or available for purchase. Classes are taught by local fitness instructor, **Shannon Amsler**.

**Fee:** \$90/1 day per week  
\$165/2 days per week  
**Ages:** 18+  
**Dates:** Tuesdays & Thursdays,  
April 12th—June 16th  
**Time:** 6:00—7:00am (Rain or Shine)  
**Location:** Lincoln #2

**Fee:** \$115/1 day per week  
\$220/2 days per week  
\$300/3 days per week  
**Ages:** 18+  
**Dates:** Mondays, Wednesdays, & Fridays,  
April 25th—June 20th (No class 5/30)  
**Time:** 9:15—10:15am (Rain or Shine)  
**Location:** Lincoln #2

### ADULT VOLLEYBALL

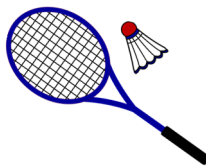


Come to the Estabrook School gym for 10 weeks of volleyball. Bring sneakers and a water bottle, and tell your friends and neighbors. ***Pre-registration is required and space is limited. Register early!***

**Fee:** \$50  
**Ages:** 18+  
**Dates:** Wednesdays, April 6th—  
June 15th (No class 4/20)  
**Time:** 7:00—9:00pm  
**Location:** Estabrook School Gym

### ADULT BADMINTON

Put on your sneakers, grab your badminton racquet, sign-up with a friend or two, and come join us at the Estabrook School gym for 8 weeks of badminton. ***Pre-registration is required and space is limited. Register early!***



**Fee:** \$40  
**Ages:** 18+  
**Dates:** Mondays, April 11th—  
June 13th (No class 4/18 & 5/30)  
**Time:** 7:00—9:00pm  
**Location:** Estabrook School Gym

### ADULT PICKLEBALL



Try out the fastest growing sport in the U.S.! Similar to ping pong, badminton, and tennis, it is a fun, active game that can be mastered by anyone. Equipment will be provided and all levels of experience are welcomed. ***Pre-registration is required and space is limited. Register early!***

**Fee:** \$50  
**Ages:** 18+  
**Dates:** Wednesdays, April 6th—  
June 15th (No class 4/20)  
**Time:** 6:00—8:00pm  
**Location:** Diamond Middle School Gym

### MEN'S PICK-UP BASKETBALL

Come to the Diamond Middle School gym for 10 weeks of pick-up basketball. Bring sneakers and a water bottle, and tell your friends and neighbors. ***Pre-registration is required & space is limited. Register early!***



**Fee:** \$50  
**Ages:** 18+  
**Dates:** Wednesdays, April 6th—  
June 15th (No class 4/20)  
**Time:** 8:00—10:00pm  
**Location:** Diamond Middle School Gym



## SPRING ADULT PROGRAMS

### SPRING ADULT TENNIS LESSONS

**\$80 per person**

The Spring Adult Tennis Program is designed to give all players, regardless of ability, the opportunity to learn new skills and/or improve existing ones. The spring session will include 6 lessons. The lessons will take place at the Gallagher Tennis Courts 1 and 2 at the Center Recreation Complex on Worthen Road.

#### Saturday Mornings

**Dates:** April 30th—June 11th (No class 5/28)  
**Times:** 9:00—10:00am (Beginner)  
10:00—11:00am (Advanced Beginner)  
11:00am—12:00pm (Intermediate)

#### Thursday Evenings

**Dates:** April 28th—June 2nd  
**Times:** 6:00—7:00pm (Beginner)  
7:00—8:00pm (Advanced Beginner)  
8:00—9:00pm (Intermediate)



- **Beginner** — designed for the brand new player or inexperienced recreational player. Introduces serve, volley, forehand and backhand strokes, court positions, and tennis terms.
- **Advanced Beginner** — reviews beginner strokes with emphasis on stroke execution. Introduces lob, overhead, scoring, and rules. Students must know the basic strokes and forehand rallying.
- **Intermediate** — for those wishing to perfect their strokes through drills with emphasis on consistency, singles and doubles strategy, and match play.

### STROLLER STRIDES

**NEW**

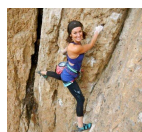


Looking for a fun workout with your baby in a stroller? Try **Stroller Strides!** Stroller Strides is a total fitness program for moms with their babies or stroller-age children. The hour-long workout includes power walking/jogging and intervals of body toning using resistance tubing, your stroller, and the environment. In addition to providing a full body workout, interaction with your child will be incorporated through songs, counting, learning ABC's, and color recognition.

**Fee:** **\$225**  
**Ages:** 18+ (New Moms, Moms-to-be, and Moms of Preschoolers)  
**Dates:** Tuesdays & Thursdays,  
April 26th—June 2nd  
**Time:** 11:00am—12:00pm  
**Location:** Lincoln Park

### ADULT ROCK CLIMBING

**NEW**



We are excited to announce our new Adult Rock Climbing program! Climbing is more than just a physical workout; it's an exercise for the mind and soul. Our rock climbing program will explore varying disciplines of climbing, led by a seasoned group of instructors. Each week, topics such as rope management, which allows for independence while climbing, and techniques which will promote progression will be covered. The staff at the **Boston Rock Gym** is excited to share their passion for climbing with you!

**Fee:** **\$150**  
**Ages:** 18+  
**Dates:** Wednesdays, April 27th—  
June 1st  
**Time:** 7:00—9:00pm  
**Location:** Boston Rock Gym,  
Olympia Avenue in Woburn

### ZUMBA GOLD

**NEW**

Zumba Gold is a Latin-inspired dance-fitness party for active older adults, beginners, and anyone who is looking to dance and have a great time without jumping! Easy-to-follow and feel-good routines to international beats. Each routine starts out with basic steps and adds on to each step as the song progresses. This creates the opportunity to add more intensity or lower the intensity level based on each individual's fitness abilities & preferences. Jessie's Zumba Gold classes focus on building strength, cardiovascular health, balance, coordination, and flexibility. Each class is not just a chance to work out your body, but also an opportunity to free your mind, make new friends, and just let yourself have a good time!!

**Fee:** **\$65**  
**Dates:** 6 Thursdays, April 28th—  
June 2nd  
**Time:** 9:00—10:00am  
**Location:** CC Room 006



## SPRING ADULT PROGRAMS

### BACK PAIN AND YOU

NEW

We are pleased to partner with **Well Effect Company of Bedford** to offer this interactive 3 session workshop/seminar with 1 private session for those who have had an occasional or a significant history of back pain. It is important not to ignore low-level nagging back pain. You will learn how to realistically improve and manage your back pain with a proven, effective Soma Science approach ("Soma" being the Greek word for "body"). For more information go to: [welleffect.com/lexington/rec/backpain](http://welleffect.com/lexington/rec/backpain)

**Fee:** \$110  
**Dates:** 3 Wednesdays, March 30th, April 13th, and April 27th  
**Time:** 6:30—8:30pm  
**Location:** CC Room 242

### MORNING BEGINNER BRIDGE INSTRUCTION

This 8-week morning course is designed to teach interested adults the basics of Bridge. Instructor **Marguerite Levin** will teach a new topic each week and be available throughout play to answer questions and provide input on your play during practice hands that follow the lesson.

**Fee:** \$128  
**Dates:** 8 Tuesdays, April 5th—May 31st (No class 4/19)  
**Time:** 9:30—11:30am  
**Location:** CC Room 242

### SUSTAINED WEIGHT LOSS

NEW

This interactive 3-session group workshop/seminar with 1 additional private session offered in partnership with **Well Effect Company of Bedford** is for someone to learn the principles and tools to achieve sustained weight loss. Your weight did not go up overnight and it won't come off in a sustainable fashion overnight either. Learn how to stop "yo-yo" weight fluctuations that degrade your body composition and damage your health. You will learn what is effective for weight loss and empower your life using a proven, innovative Soma Science approach ("Soma" being the Greek word for "body"). For more information go to: [welleffect.com/lexington/rec/weightloss](http://welleffect.com/lexington/rec/weightloss)

**Fee:** \$110  
**Dates:** 3 Wednesdays, April 6th April 27th, and May 11th  
**Time:** 6:30—8:30pm  
**Location:** CC Room 242

### LOW IMPACT ZUMBA

Join instructor **Karl Weiland** in this evening dance/fitness class that takes the work out of working out! This cardio/body toning class is very easy to follow and no prior experience is needed. Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on a weight loss program, or coming back from an injury, come join the party!



**Fee:** \$100  
**Dates:** 10 Tuesdays, April 5th—June 7th  
**Time:** 6:30—7:30pm  
**Location:** CC Room 006

### JAMMIN' WITH JAMIE

NEW



Join instructor **Jamie Adler** for a new series of exercise workouts for all ages and abilities, designed to improve your overall fitness with a combination of core body conditioning, stretching, dance, movement and floor exercises. Friday's muscle madness class will be a full body muscle conditioning class, which also can be modified for participants! The classes use music and movement to increase overall wellness.

**Fee:** \$60  
**Dates:** 10 Fridays, April 8th—June 17th (No class 4/22)  
**Time:** 11:15am—12:10pm  
**Location:** CC Room 006

### ADVANCED BRIDGE INSTRUCTION

This 10-week course for advanced beginners will again be taught by **Kim Gilman**. The classes will include a lesson on a new topic each week, followed by eight practice hands that reflect the lesson. Kim will be available to answer questions during the bidding and play, and will review how you did afterwards. Participants should be familiar with bridge basics, or have completed a beginner bridge course. Topics for this session will focus on declarer play and defense.

**Fee:** \$160  
**Ages:** 21+  
**Dates:** Tuesdays, April 5th—June 14th (No class 4/19)  
**Time:** 1:30—3:30pm  
**Location:** CC Room 242





# SPRING ADULT PROGRAMS

## EVENING BEGINNER BRIDGE INSTRUCTION

NEW

This 8 week course for beginners who prefer to attend in the evening will again be taught by **Bob Gaudet**. The classes will include a lesson on a new topic each week, followed by practice hands that reflect the lesson. Bob will be available to answer questions during the bidding and play and will review how you did afterwards.

**Fee:** \$128  
**Dates:** 8 Tuesdays, April 5th—  
May 31st (No class 4/19)  
**Time:** 6:30—8:30pm  
**Location:** CC Room 242

## LEX PRACTICE MINDFULNESS

NEW

Mindfulness is simple, not easy. The hardest part is starting (again and again), but don't let that stop you. Come practice with like-hearted, like-minded others and discover the benefits of mindfulness yourself. Each session includes teaching, shared conversation and practice. This program is offered in collaboration with *the mindfulness studio*.

**Fee:** \$150  
**Dates:** 10 Fridays, April 1st—  
June 10th (No class 4/22)  
**Time:** 12:15—1:15pm  
**Location:** CC Room 242

## ADULT CRAFT CLASS

NEW

**Marita Hartshorn** is an experienced crafter. During the five-week session, students will make soda tab bracelets, treasure boxes, felted wool pincushions, polymer clay jewelry, and beaded necklaces. Participants will be able to bring home a customized craft after each class. Samples are on display at the Community Center.



**Fee:** \$60  
**Dates:** 5 Tuesdays, April 5th—  
May 3rd (No class 4/18)  
**Time:** 10:00am—12:00pm  
**Location:** CC Room 230

## FIRST AID/CPR/AED FOR THE WORKPLACE

The purpose of this course is to train individuals in the skills necessary to recognize and provide basic care for victims of illness and sudden injuries, and to provide basic care for life threatening or cardiac emergencies in adults and children. \*Recreation & Community Programs Department employees receive a discount when registering for these classes. Staff must call the Recreation & Community Programs Department at (781) 698-4800 to register at the employee rate.

**Fee:** \$100  
**Date:** Thursday, May 19th  
**Time:** 5:00—8:45pm  
**Location:** CC Rooms 230/232

## CPR FOR THE PROFESSIONAL RESCUER

Participants **MUST** bring their book, pocket mask and current Red Cross certification card with them to class. \*Recreation & Community Programs Department employees receive a discount when registering for these classes. Staff must call the Recreation & Community Programs Department at (781) 698-4800 to register at the employee rate.

**Fee:** \$125  
**Dates:** Saturday, May 21st  
**Time:** 9:30am—2:30pm  
**Location:** CC Room 237

## FIRST AID BASICS

The purpose of this course is to train individuals in the skills necessary to recognize and provide basic care for victims of illness and sudden injuries until advanced medical personnel arrives. \*Recreation & Community Programs Department employees receive a discount when registering for these classes. Staff must call the Recreation & Community Programs Department at (781) 698-4800 to register at the employee rate.

**Fee:** \$80  
**Dates:** Tuesday, May 17th  
**Time:** 5:00—8:45pm  
**Location:** CC Room 237

## CPR/AED RECERTIFICATION

Participants must bring their book and current CPR Certification Card with them. \*Recreation & Community Programs Department employees receive a discount when registering for these classes. Staff must call the Recreation and Community Programs Department at (781) 698-4800 to register at the employee rate.

**Fee:** \$80  
**Dates:** Tuesday, May 31st  
**Time:** 5:00—8:45pm  
**Location:** CC Room 237

CC = Lexington Community Center



## SPRING ADULT PROGRAMS

### BALLROOM DANCE CLASSES

- Beginner Ballroom Join instructor **Francis Floyd** to learn the basics of Fox Trot, Cha Cha and Rumba in this class. This is a great class for upcoming proms and weddings!
- Level II & Advanced Ballroom Intermediate dancers will improve upon those steps learned in the beginner class and be introduced to the Tango and Rumba. More advanced dancers will sharpen their dancing skills and learn new dances.


**Fee:** **\$125/couple**  
**Dates:** 10 Tuesdays, April 5th—  
June 14th (No class 4/19)  
**Beginner:** 6:30—7:25pm  
**Level 2+:** 7:30—8:25pm  
**Location:** CC Dining Room 139

### EVENING YOGA (Tuesday or Wednesday)

Join certified instructor **Keith Herndon** in this physically balancing workout of Yoga on Tuesday or Wednesday evenings at the Lexington Community Center. Yoga is famous for harmonizing mind and body through stretching, breathing, deep relaxation, range of movement, and a calm inner focus. Participants should bring a yoga mat and water bottle.

**Fee:** **\$125**  
**Dates:** 10 Tuesdays, April 5th—  
June 7th or  
10 Wednesdays, April 6th—  
June 8th  
**Times:** 7:30—8:30pm (Tues.)  
7:00—8:00pm (Wed.)  
**Location:** CC Room 006

### SATURDAY ZUMBA WORKOUT

 Join instructor **Karl Weiland** in this Saturday afternoon dance/fitness class that takes the work out of working out! The energizing music uses a variety of Latin, international and pop rhythms, and will have you sweating, smiling, shedding inches and toning up, while protecting your joints, tendons and ligaments! Whether you are just starting/getting back on your fitness journey, or are extremely fit; if you are on a weight loss program, or coming back from an injury, come join the party!

**Fee:** **\$100**  
**Dates:** 10 Saturdays, April 2nd—  
June 4th  
**Time:** 3:15—4:15pm  
**Location:** CC Room 006

### STRENGTH TRAINING (Seated and Floor)

This 55-minute class will help you build a stronger, more sculpted body; improve posture and balance and reduce the risk of osteoporosis. You will also learn proper weight-training techniques, which is key to success. The class begins with a brief warm-up, followed by strength training exercises for all the major muscle groups of the body, both standing and on a mat, and concludes with gentle stretching exercises to increase flexibility and reduce muscle tension. The class is taught by nationally certified exercise instructor **Pearl Pressman** and is designed to accommodate participants of all fitness levels and abilities. Athletic shoes, a mat, and water are recommended.



**Fee:** **\$100**  
**Dates:** 10 Tuesdays and  
10 Thursdays (20 classes)  
March 29th—June 9th  
(No class 4/19 & 4/21)  
**Time:** 12:00—12:55pm  
**Location:** CC Room 006

### WOMEN'S BOXING - BECOMING A KNOCKOUT!

Boxing isn't just about "fighting" - it's a mind set and a sport that will get you into the best shape of your life. The Lexington Community Center is thrilled to present Women's Boxing, led by **USA Boxing Certified trainer/coach Todd Paris**. This program has been specifically designed to include: stretching & warm up exercises, instruction on stance, body positioning, punching techniques, and how to "train like a boxer". You'll get in your push-ups, ab work, and will get in the best shape of your life! This class is only for women (18+) - Fee includes Free hand wraps!

\* For an added \$25, you can get your very own set of boxing gloves. Must order 2 weeks before class starts.

**Fee:** **\$175**  
**Ages:** 18+  
**Dates:** Mondays and Wednesdays,  
April 25th—June 8th  
(No class 5/30)  
**Time:** 3:15—4:15pm  
**Location:** CC Room 006



## SPRING LIFETIME (60+) PROGRAMS

### BEGINNER TAI CHI

Tai Chi is a 4,000 year old art of meditation and motion. It promotes physical, mental and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing and improves posture. **Instructor: Bill Barons**

**Fee:** \$45  
**Dates:** 10 Wednesdays, March 30th—June 8th (No class 4/20)  
**Time:** 1:30—2:30pm  
**Location:** CC Room 242

### INTERMEDIATE TAI CHI

Continue your growth and advance from beginner to intermediate Tai Chi. It promotes physical, mental, and emotional health by promoting movement relaxation and self defense. Tai Chi warms up muscles and internal organs, promotes safety, loosens joints, improves energy efficiency, enhances breathing, and improves posture.

**Instructor: Bill Barons**

**Fee:** \$45  
**Dates:** 10 Wednesdays, March 30th—June 8th (No class 4/20)  
**Time:** 2:45—3:45pm  
**Location:** CC Room 242

### 60+ FITNESS

This class offers a total body fitness by offering exercises for flexibility, toning, balance, endurance, and stretching. There are movements to warm up muscle groups and to relax the mind and body. Free weights are used to promote upper and lower body strength. Resistance bands enhance flexibility training. About 10 minutes of this hour long class are spent doing cardio exercises to build endurance. **Instructors: Amelia Hoffman & Maureen Gaines**



**Fee:** \$68  
**Dates:** 20 classes (Mon. & Wed.)  
March 28th—June 8th  
(No class 4/18 & 5/30)  
**Time:** 9:45—10:45am  
**Location:** CC Room 006

### GENTLE YOGA



These classes offer traditional yoga practices, including breathing exercises, movements and poses (postures), relaxation techniques, and meditation. This beginner level class is designed primarily for those over age 60, including individuals who may have some physical limitations or challenges. Careful attention is paid to warming up while sitting in chairs prior to standing and, eventually, sitting and lying on floor mats. Individuals are encouraged to move slowly and go at their own pace. Modifications to exercises are provided, as needed, to meet the unique needs of participants. Goals include increased flexibility, strength, circulation, relaxation, peace of mind, and overall wellness. **Instructor: Lisa Groves**

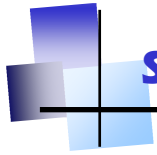
**Fee:** \$68  
**Dates:** 10 Mondays, April 4th—June 20th (No class 4/18 & 5/30)  
**or**  
10 Fridays, April 8th—June 17th (No class 4/22)  
**Times:** 2:45—3:50pm (Mondays)  
10:45—11:50am (Fridays)  
**Location:** CC Room 242

### SEATED STRENGTH TRAINING

This seated class is designed to accommodate individuals of various fitness levels and can be adapted to meet the needs of any participant. The class begins with a thorough warm-up of joints and muscles and is followed by strength training exercises for all of the major muscle groups of the body using hand weights, resistance bands and body weight. The class concludes with stretching exercises to increase flexibility. **Instructor: Pearl Pressman**



**Fee:** \$68  
**Dates:** 20 classes (Tuesdays and Thursdays), March 29th—June 2nd  
**Time:** 11:00—11:55am  
**Location:** CC Room 006



## SPRING LIFETIME (60+) PROGRAMS

### MODERATE YOGA

The Intermediate Yoga classes build upon the Beginner level, offering traditional yoga practices, breathing exercises, movements, poses (postures), relaxation techniques, and meditation. This class is designed for those over age 60 who are more experienced in the practice of Yoga, including individuals who may have some physical limitations or challenges. Instructor: Lisa Groves

**Fee:** \$68  
**Dates:** 10 Fridays, April 8th—June 10th  
**Time:** 9:30—10:35am  
**Location:** CC Room 242

### FITNESS FRIDAYS

This class is designed for residents 60+ and is a combination of fitness, dance, and yoga. The goal is to improve balance and tone by involving all major muscles of the body. The class uses weight bearing exercises to reduce and prevent osteoporosis and increase overall wellness. Instructor: Renae Nichols

**Fee:** \$30  
**Dates:** 10 Fridays, April 1st—June 10th  
(No class 4/22)  
**Time:** 10:00—10:55am  
**Location:** CC Room 006

### LINE DANCING

This popular program teaches a variety of line dances to participants. The instructor demonstrates movements and the class carries out the movements to music. Instructor: Sam O'Clare

**Fee:** \$30  
**Dates:** 10 Thursdays, March 31st—June 9th  
(No class 4/21)  
**Time:** 1:30—2:30pm  
**Location:** LCC Room 006

### BEGINNER QUILTING

Have you always wanted to learn how to quilt? If so, this class is for you! Begin a sampler quilt or work on smaller projects with other participants. Instructor: Jane Norberg

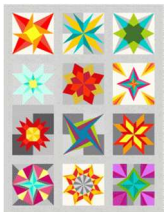
ASK ME  
ABOUT  
QUILTING

**Fee:** \$60  
**Dates:** 8 Thursdays, March 31st—June 2nd  
(No class 4/7 & 4/14)  
**Time:** 1:00—3:30pm  
**Location:** CC Room 230

### ADVANCED QUILTING

Explore advanced machine quilting techniques and design sampler type quilts using varied block shapes and sizes. Instructor: Jane Norberg

**Fee:** \$60  
**Dates:** 8 Thursdays, March 31st—June 2nd  
(No class 4/7 & 4/14)  
**Time:** 9:00—11:30am  
**Location:** CC Room 230



Don't forget to attend the Annual Quilt Show presented by the participants in our Beginner and Advanced Quilting Classes on Thursday, May 19th in the Dining Room at the Lexington Community Center between 10:00am and 3:00pm.

**FOREVER FIT Session Three ~ FUNDED BY A GENEROUS GRANT FROM THE DANA HOME FOUNDATION**  
Please attend our informational meeting for Session Three on Wednesday, April 6 at 1:15pm in the Dining Room at the Lexington Community Center, 39 Marrett Road. New participants are invited to attend and learn more about this exciting new program, taught by Judy Whitney, personal trainer with over 30 years experience in the fitness industry. "Forever Fit" will provide individual assessments followed by one-on-one and small group personal training sessions on Monday and Wednesday afternoons. The program fee for Session Three will be \$10.00 per person.





## TENNIS RESERVATION INFORMATION



All tennis reservations must be made in person. Telephone calls are not accepted.

### April 1st–May 13th

#### Tennis Reservations at the Lexington Community Center ONLY.

Monday–Friday	8:00am–9:00pm
Saturday	9:00am–5:00pm

### Weekdays, May 16th–August 19th

- May 16th-June 3rd
- June 6th-June 17th
- June 20th-July 1st
- July 4th
- July 5th-August 19th

#### Tennis Reservations at the Tennis Booth ONLY.

Monday–Friday	4:30–7:30pm
Monday–Friday	3:00–7:30pm
Monday–Friday	1:00–7:30pm
Monday	10:00am–2:00pm
Monday–Friday	4:30–7:30pm

### Weekends, May 14th–August 21st

#### Tennis Reservations at the Tennis Booth ONLY.

Saturday & Sunday	10:00am–2:00pm
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### August 22nd–October 24th

#### Tennis Reservations at the Lexington Community Center ONLY.

Monday–Friday	8:00am–9:00pm
Saturday	9:00am–5:00pm

- The **Tennis Booth** is located at the Center Recreation Complex/Town Pool Bath House on Worthen Road. Tennis reservations may be made up to one week in advance at the Tennis Booth.
- A person may make only one reservation (one hour/one court) for any given day.
- Reservations must be made at least one hour before the requested court time.
- Unlighted courts are available for reservations seven days per week, 7:00am–8:00pm.
- There are four lighted courts at the Center Complex Gallagher Tennis Courts available for night play **with a paid reservation** until 9:00pm.

### TENNIS COURT RESERVATION FEES

\$ 60.00	Lexington Resident Tennis ID Cards
\$ 45.00	Lexington Resident Senior Adult Tennis ID Cards (age 62+)
\$100.00	Non-Resident Tennis ID Cards
FREE	Daily Non Lighted Court Reservation per hour with ID Card
\$ 10.00	Daily Non-Lighted Court Reservation per hour without ID Card
\$ 10.00	Lighted Court Reservation with ID Card
\$ 20.00	Lighted Court Reservation without ID Card



### COURT LOCATIONS

- Gallagher Tennis Courts at the Center Recreation Complex - 10 courts (4 lighted)
- Clarke Middle School - 3 courts
- Adams Playground (Massachusetts Avenue, behind the Waldorf School) - 2 courts
- Valley Road (off Bedford Street across from Mobil gas station) - 2 courts



# SUMMER YOUTH TENNIS PROGRAMS

## SUMMER YOUTH TENNIS LESSONS

Our Youth Tennis staff is looking forward to a fun summer! Instructors will teach children using the **USTA Quick Start Tennis Program** with an exciting lesson and play format for learning tennis, designed to bring children into the game by utilizing specialized equipment, shorter court dimensions, and modified scoring, all tailored to age and size. Lessons will take place each week on Monday through Thursday (unless otherwise noted) with Friday reserved as the rain date. All lessons will be held at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. Lessons will have a 1:6 staff-to-children ratio. Participants must bring a tennis racquet, sunscreen, & a water bottle.

		<u>Before May 1st</u>	<u>After May 1st</u>
<b>AGE 4:</b>	11:00—11:30am	<b>\$35</b>	<b>\$45</b>
<b>AGES 5 &amp; 6:</b>	9:00—9:50am or 10:00-10:50am	<b>\$60</b>	<b>\$70</b>
<b>AGES 7 &amp; 8:</b>	9:00—9:50am or 10:00-10:50am	<b>\$60</b>	<b>\$70</b>
<b>AGES 9 &amp; 10:</b>	9:00—9:50am or 10:00-10:50am	<b>\$60</b>	<b>\$70</b>
<b>AGES 11—13:</b>	11:00am—12:00pm	<b>\$72</b>	<b>\$82</b>

Session 1: June 27th—30th

Session 2: July 5th—8th (Tuesday-Friday)

Session 3: July 11th—14th

Session 4: July 18th—21st

Session 5: July 25th—28th

Session 6: August 1st—4th

Session 7: August 8th—11th

Session 8: August 15th—18th



## SUMMER YOUTH TENNIS CLINIC

This clinic is designed for beginner and intermediate players ages 7—13. Drill work will emphasize match and tournament play and participants will be exposed to different tournament styles and gain experience through daily practice. After an afternoon of tennis, participants will have the option to cool off in the Town Pool at 4:30pm or remain at the courts to scrimmage. Both options will be supervised by the tennis staff. The clinic will take place in two -week sessions and be held on Monday through Thursday afternoons (unless otherwise noted) with Friday reserved as the rain date at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. Everyone must be picked up by 5:00pm in front of the courts. Participants must bring a tennis racquet, sunscreen, water bottle, snack, bathing suit, and towel.

		<u>Before May 1st</u>	<u>After May 1st</u>
<b>AGES 7—13:</b>	2:00—5:00pm	<b>\$180</b>	<b>\$190</b>

Session 1: June 27th—July 8th (Tuesday-Friday the week of July 4th)

Session 2: July 11th—21st

Session 3: July 25th—August 4th

Session 4: August 8th—18th



## YOUTH ADAPTIVE TENNIS LESSONS

Using guidelines and resources developed the USTA, we are pleased to offer a series of adaptive tennis lessons for children and teens with disabilities and differing abilities and challenges, ages 6—16. The lessons are designed to promote the benefits of tennis to all, improve balance, mobility, agility, strength, fitness, self-confidence, and provide social interaction using Quick Start methods, courts, and equipment. Lessons will take place each week on Monday through Thursday (unless otherwise noted) with Friday reserved as the rain date and all lessons will be held at the **Gallagher Tennis Courts at the Center Recreation Complex** on Worthen Road. Participants should bring a tennis racquet, sunscreen, and a water bottle.

**Fee:** **\$60/week (\$70/week after 5/1)**  
**Ages:** 6—16  
**Weeks:** June 27th—30th, July 5th—8th, July 11th—14th, July 18th—21st, July 25th—28th, August 1st—4th, August 8th—11th, & August 15th—18th  
**Time:** 4:00—4:50pm  
**Location:** Gallagher Tennis Courts at the Center Recreation Complex



## TEDDY BEAR PICNIC PRESCHOOL PROGRAM

### TEDDY BEAR PICNIC



Our friendly Teddy Bear Picnic staff is looking forward to an exciting summer of making new friends, child-centered projects and activities, and a whole lot of FUN! The program includes singing and movement activities, story and project time, group games, and of course swimming and sand play at the Old Reservoir.

Pack a bag with a towel labeled with child's name, as well as a light snack and drink. Children should wear play clothes over their bathing suits. ***WE LOVE TO GET MESSY!*** All children must be toilet trained.

Please contact the Recreation and Community Programs Department to obtain the specific Teddy Bear Picnic form that must be completed.

**PLEASE NOTE: THE REGISTRATION FEE WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!**

**Fee (Week 2): \$80**  
**Fee (Weeks 1 and 3–7): \$100/week**

**Ages:** 3–6

**Weeks:** June 27th–July 1st, July 5th–8th\*,  
July 11th–15th, July 18th–22nd,  
July 25th–29th, August 1st–5th,

August 8th–12th, and August 15th–19th

**Time:** 9:00am–12:00pm

**Location:** Old Reservoir Picnic Area

\* Tuesday–Friday the week of July 4th.

### TEDDY BEAR PICNIC LUNCH BUNCH

Teddy Bear Picnic campers are invited to spend an extra hour with their counselors enjoying more activities at the Res beach and a picnic lunch, which you bring.



**Fee: \$10/day or \$25/all 3 days each week**

**Time:** 12:00–1:00pm

**Location:** Old Reservoir Picnic Area

This option will be available each week on **Tuesday, Wednesday, and Thursday** from 12:00–1:00pm. You can register online ahead of time or by check or cash only on Monday of each week.



## DISCOVER THE FUN DAY CAMP



### DISCOVER THE FUN

**Discover the Fun** is a theme-based day camp program open to children entering Grades 1–5 as of September 2016. The program will be held at Lexington High School.

The **basic camp day** will run Monday through Friday, 8:30am–3:30pm (unless noted otherwise). Extended day hours are available until 4:30pm.

In addition to the facilities at LHS, campers will use the Town Pool, Gallagher Tennis Courts, Lincoln Park, and the play facilities at the Center Recreation Complex. Each week, the campers will participate in a wide variety of theme-related games, sports, swimming and nature activities, group/team challenges, and create wonderful crafts projects. Discover the Fun offers weekly special events such as DJ Mike, Safe Routes to School, Historical Scavenger Hunt through Lexington Center, Tie Dye, Wacky Wednesdays, and more!!!!

All staff are CPR and First Aid certified and have had successful CORI and SORI background checks.

Please contact the Recreation and Community Programs Department to obtain the specific Discover the Fun form that must be completed.

**\*\*Health History/Immunization form required \*\***

The fees listed include a **\$25.00 per week** non-refundable registration fee. Non-residents are welcome. There is an additional \$10.00 non-resident fee per week. Fees will increase by \$25.00 per week after June 1, 2016.

**Basic Day Fees: \$184 for Week 2**  
**\$230/week for Weeks 1 & 3–7**

**Ages:** 6–11

**Week 1:** June 27th–July 1st

**Week 2:** July 5th–8th (Tuesday-Friday)

**Week 3:** July 11th–15th

**Week 4:** July 18th–22nd

**Week 5:** July 25th–29th

**Week 6:** August 1st–5th

**Week 7:** August 8th–12th

**Week 8:** August 15th–19th

**Time:** 8:30am–3:30pm

**Location:** Lexington High School



#### Extended Day Fees:

**3:30–4:00pm: \$20 for Week 2**

**\$25/week for Weeks 1 & 3–7**

**3:30–4:30pm: \$40 for Week 2**

**\$50/week for Weeks 1 & 3–7**



# MINUTEMAN SPORTS CLINICS

## BASEBALL

All participants will learn new skills to improve their overall game play.

**Jason Rajotte**, LHS P.E. teacher, will guide participants through activities such as throwing, hitting, base running, and all aspects of fielding. Through fun activities and modified games, participants will learn the skills needed to be successful on the diamond. Children need a baseball glove, water, and a snack. **No Swimming.**



## JUNIOR GOLF PROGRAM

This program at Pine Meadows led by **Jason Rajotte**, LHS P.E. teacher, encourages teenage golfers to play with friends, while improving their game. Each time on the course will allow participants to reinforce previously taught skills. Instruction will focus on golf etiquette, rules of play, and other focal points within the game of golf. Players must have playing experience and provide their own equipment. Fee includes general instruction and greens fees. **No Swimming.**

## STREET HOCKEY CLINICS

Street Hockey will be a co-ed clinic run by **Mandy Ciarletta**, LHS P.E. teacher. This program will focus on gradual skill development of the various skills associated with street hockey (stick handling, shooting, passing, etc.) and also some game-related strategies. The clinic will end with a street hockey mini tournament.

## SKATEBOARDING CLINICS

Learn the fundamentals of skateboarding at the Lexington Skate Park. Both sessions, directed by **Kyle George**, will emphasize basic techniques, use of the park, and safety, with instruction on tricks using ledges, ramps, and rails. Beginners welcome. **All participants must bring a skateboard and helmet.**



## TOUCH RUGBY



Learn the basics of the game of rugby in this clinic run by Lexington Public Schools staff member, **Chris Wai**. This clinic will teach the basic rules of the up-and-coming sport of rugby. This is a **non-contact** clinic and all participants will engage in drills, skills-based games, and touch rugby games to further develop their endurance, hand-eye coordination, and stamina.

## NEW

## BADMINTON

Under the direction of **Vic Cuzzupe**, Lexington Public Schools P.E. teacher, participants will be introduced to the basics of this fun, popular sport. Players will learn to serve, rally, and volley and will work on skills and participate in games and tournaments. Badminton is great aerobic exercise that helps increase endurance, reflexes, and hand-eye coordination.

## BOYS LACROSSE

This program, led by LHS teacher and Boys Lacrosse Head Coach **Dave Walsh**, will introduce participants to the basics of lacrosse, one of the fastest growing youth sports in America. Intended for those who have never played the game before, this clinic will approach the game in a fun, low-impact manner, focusing on stick-handling, scoring, and modified team-play. Participants will need to wear a mouth guard, but all other equipment will be provided.



## NEW

## GIRLS LACROSSE

This program, led by LHS Girls Lacrosse Head Coach **Kerry Richmond**, will introduce participants to the basics of lacrosse, one of the fastest growing youth sports in America. Intended for those who have never played the game before, this clinic will approach the game in a fun, low-impact manner, focusing on stick-handling, scoring, and modified team-play. Participants will need to wear a mouth guard and bring a lacrosse stick and goggles.

**Fee:** \$100/week  
**Ages:** 6—10  
**Weeks:** July 11th—14th **or** July 25th—28th  
**Time:** 8:30am—12:00pm  
**Location:** Lincoln Park Little League Field

**Fee:** \$170  
**Ages:** 13—18  
**Dates:** July 18th—21st  
**Time:** 1:00—4:00pm  
**Location:** Pine Meadows Golf Club, Cedar St.

**Fee:** \$100/week  
**Ages:** 7—12  
**Weeks:** June 27th—30th **or** July 11th—14th  
**Time:** 8:30am—12:00pm  
**Location:** LHS Field House

**Fee:** \$100/week  
**Ages:** 6—10  
**Weeks:** June 27th—30th **or** August 8th—11th  
**Time:** 8:30am—12:00pm  
**Location:** Lexington Skate Park, Worthen Rd.

**Fee:** \$100  
**Ages:** 8—13  
**Dates:** August 8th—11th  
**Time:** 8:30am—12:00pm  
**Location:** Center Track Field

**Fee:** \$100/week  
**Ages:** 8—16  
**Weeks:** July 5th—8th (Tuesday-Friday) **or** August 15th—18th  
**Time:** 8:30am—12:00pm  
**Location:** LHS Gymnasium

**Fee:** \$100  
**Ages:** 7—12  
**Dates:** June 27th—30th  
**Time:** 8:30am—12:00pm  
**Location:** Lincoln #1

**Fee:** \$100  
**Ages:** 7—12  
**Dates:** June 27th—30th  
**Time:** 8:30am—12:00pm  
**Location:** Lincoln #2

**PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!**





# MINUTEMAN SPORTS CLINICS

## MULTI-SPORTS CLINICS

This co-ed Minuteman Clinic, led by either **Vic Cuzzupe** or **Chris Wei**, aspires to use sports participation and learning as a means to improve self confidence, enhance the love and enjoyment of sports through skills development, and to reinforce the importance of fairness, cooperation, and team play during daily games.

## BOYS HOOP I

Under the direction of **Bob Farias**, former LHS Boys Varsity Basketball Coach, the emphasis of this basketball clinic will be on the improvement of individual and team skills through drills, demonstrations, games and contests.



## GIRLS HOOP I

The emphasis of this program, directed by LHS Girls Varsity Basketball Coach, **Steve Solly**, will be to reinforce basic skills and promote new skills, with drills, contests, and game play. Participants should bring a snack, lunch, bathing suit, and towel. From 1:00—3:00pm, the girls will be swimming at the Town Pool. Afternoon pick-up will be at the Town Pool.

## CO-ED VOLLEYBALL

Under the direction of **Barbara Locke**, Woburn coach and teacher, participants will be introduced to the basics of serving, hitting, spiking, and setting. Fun games and activities will be used to engage the enthusiasm of all players.

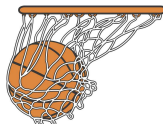


## FIELD HOCKEY

Join **Barbara Locke**, Woburn H.S. Varsity Field Hockey coach and former U.S. Field Hockey Team member, to learn the basics of field hockey and improve skills. Participants should bring water, field hockey stick, goggles, shin guards, & mouth guard.

## GIRLS HOOP II

Join LHS teacher and Girls Varsity Basketball Coach **Steve Solly** to develop and improve basketball skills and teamwork. Games, drills, demonstrations, and fun contests will be used to teach and reinforce skills.



## BOYS HOOP II

Led by **Bob Farias**, former LHS Boys Varsity Basketball Coach, this program will reinforce basic skills and promote new skills with drills, contests, and game play. Participants should bring a snack, lunch, bathing suit, and towel. The boys will have the chance to swim from 2:00—3:00pm. Afternoon pick-up will be at the Town Pool.



## SUMMER TRACK CLINIC

Participants will experience a new approach to Track and Field under the direction and guidance of **Russ Bosbach**, Bridge School P.E. teacher. The clinic is for any child who would like to participate on a school track team or simply wants to have fun and learn some regular exercise techniques. Daily activities will give the athlete a chance to practice a variety of track events and learn the tenets of proper fitness.

**UNLESS OTHERWISE NOTED, MINUTEMAN CLINICS WILL BE OFFERED MONDAY—THURSDAY EACH WEEK** (with Friday as a rain date). **PARTICIPANTS WILL SWIM FROM 11:30am—12:00pm (half-day programs) OR 2:00—3:00pm (full-day programs).** **PICK-UP IS AT THE TOWN POOL ON WORTHEN ROAD.**

**PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!**

**Fee:** \$100/week  
**Ages:** 6—12  
**Weeks:** June 27th—30th, July 25th—28th, August 1st—4th, or August 8th—11th  
**Time:** 8:30am—12:00pm  
**Location:** Center #2 Softball Field

**Fee:** \$100  
**Ages:** 8—13  
**Dates:** July 5th—8th (Tuesday-Friday)  
**Time:** 8:30am—12:00pm  
**Location:** Center Basketball Courts

**Fee:** \$150  
**Ages:** 8—13  
**Dates:** July 11th—14th  
**Time:** 9:00am—3:00pm  
**Location:** LHS Gymnasium

**Fee:** \$100  
**Ages:** 8—14  
**Dates:** August 8th—11th  
**Time:** 8:30am—12:00pm  
**Location:** LHS Gymnasium

**Fee:** \$100  
**Ages:** 8—13  
**Dates:** July 18th—21st  
**Time:** 8:30am—12:00pm  
**Location:** Lincoln #1

**Fee:** \$100  
**Ages:** 8—13  
**Dates:** July 18th—21st  
**Time:** 8:30am—12:00pm  
**Location:** Center Basketball Courts

**Fee:** \$150  
**Ages:** 8—13  
**Dates:** July 18th—21st  
**Time:** 9:00am—3:00pm  
**Location:** LHS Gymnasium

**Fee:** \$100/week  
**Ages:** 8—14  
**Weeks:** July 25th—28th or August 1st—4th  
**Time:** 8:30 am—12:00pm  
**Location:** Track @ Center Recreation Complex



## SUMMER YOUTH SPORTS CLINICS

### THUNDERCAT KIDDIE CAT JAM

Soccer, t-ball, basketball, softee hockey, balloon ball, and kickball are among the "sports" included in this week-long program. Games and other activities such as theme days are sprinkled in as well.

**\*\*Health History/Immunization form required \*\***



**Fee: \$133/week (\$108 week of July 5th)**

**Ages: 4–6**

**Weeks: June 20th–24th, July 11th–15th,  
or July 5th–8th (4 days, Tuesday–Friday)**

**Time: 9:00am–12:00pm**

**Location: Center Recreation Complex**

### CHALLENGER MINI SOCCER

A friendly, low-key introduction to the basics of soccer through games, stories, skill-building activities, and fun. This program is run by the popular **Challenger British Soccer Camps**.



### VIKING PRE-SCHOOL SOCCER

This week-long program will give children a chance to learn some basic soccer skills while playing soccer-related games and drills. All classes conclude with a scrimmage. Children should bring their own soccer ball (size 3 or 4), shin guards, sneakers or soccer cleats, and a water bottle. Parents and/or guardians are asked to stay for the 45-minute program and encouraged to participate with their child.

### VIKING PRE-SCHOOL T-BALL

This fun program will teach the basics of catching, throwing, batting, running the bases, and fielding for the first half of the class followed by a fun T-ball game during the final twenty minutes. All players need to bring a baseball glove and a water bottle. Parents are encouraged to be present at the program.

### VIKING MULTI-SPORTS CAMP



**Viking  
SPORTS**

**NEW**

Children will be introduced to a fun variety of age-appropriate sports and games throughout the week. Games include soccer, baseball, basketball, dodgeball, capture the flag, tag, kickball, team handball, and more! If you're looking for a program that offers a mix of traditional instruction and skill development that is reinforced with a scrimmage, then this Multi-Sports Camp is for your child! Children will be divided into groups based on age. Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day.

**\*\*Health History/Immunization form required \*\***

### SKYHAWKS SNAG BEGINNER GOLF

**NEW**

**Skyhawks** SNAG Golf focuses on building the confidence of young athletes through proper technique and refining the essential skills of the game, such as form, swinging, putting, and body positioning using modified equipment. All equipment is provided. Participants should wear loose fitting clothes, sneakers, and bring a water bottle and snack. Participants will receive a t-shirt!

**\*\*Health History/Immunization form required \*\***



**NEW**

### SKYHAWKS MULTI-SPORTS CLINIC

Athletes will learn the rules and essentials of soccer, basketball, and baseball through skill-based games and scrimmages. By the end of the week, your child will walk away with knowledge of each sport along with vital life lessons such as respect, teamwork, and self-discipline. Participants should wear loose fitting clothes, sneakers, and bring a water bottle and snack. All participants will receive a t-shirt and ball! **\*\*Health History/Immunization form required \*\***

**Fee: \$125/week**

**Ages: 3–6**

**Weeks: August 1st–5th or August 8th–12th**

**Times: 9:00–10:30am or 10:30am–12:00pm**

**Location: Diamond Middle School**

**Fee: \$80**

**Ages: 4 and 5**

**Dates: August 15th–19th**

**Times: 10:00–10:45am or 11:00–11:45am**

**Location: Center Recreation Complex**

**Fee: \$80**

**Ages: 4–6**

**Dates: August 22nd–26th**

**Times: 10:00–10:45am or 11:00–11:45am**

**Location: Center Recreation Complex**

**Fee: \$130 (half day) / \$170 (full day)**

**Ages: 5–11**

**Dates: August 15th–19th**

**Times: 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)**

**Location: Center Recreation Complex**

**Fee: \$125**

**Ages: 5–9**

**Dates: July 11th–15th**

**Time: 9:00am–12:00pm**

**Location: Lexington Community Center**

**Fee: \$125**

**Ages: 7–12**

**Dates: August 22nd–26th**

**Time: 9:00am–12:00pm**

**Location: Center #2 Softball Field**

**PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!**



## SUMMER YOUTH SPORTS CLINICS



### CHALLENGER BRITISH SOCCER

This **Challenger British Soccer Camp** is more than just a week of skills and drills. In addition to taking part in a daily regimen of foot skill development, technical and tactical practices, and daily tournament style play, each child will also be treated to a rich cultural experience and lessons on teamwork, sportsmanship, and self-discipline. All participants should bring a water bottle, sunscreen, shin guards, soccer ball, and snack. Full day players should bring a lunch. New afternoon half-day program now being offered!

**\*\*Health History/Immunization form required \*\***

### BLUE SOX BASEBALL CLINICS



Improve your play with instruction and coaching by **Blue Sox** players and coaches. Participants will learn about base running, bunting, stretching, defense, and hitting. Participants are grouped according to age, grade, and ability. Program will be offered on Monday-Thursday with Friday as a rain date (unless otherwise noted). Players should bring a water bottle and snack each day. *No swimming.*

### THUNDERCAT DODGEBALL & SPORTS

Come have a (dodge) ball with Thundercat Sports! Gator skin safety balls will be used to ensure safety and fun. This program will consist of different dodgeball related games such as: Doctor, Bombardment, Jail Break, and more. Other sports and games such as floor hockey, flag football, and soccer will be mixed in to create a fun and exciting program! Program is co-ed and every participant receives a t-shirt and certificate of achievement. Participants should bring a water bottle, snack, and apply sunscreen before arriving. *No swimming.*

**\*\*Health History/Immunization form required \*\***

### THUNDERCAT FLAG FOOTBALL



Throw it, catch it, punt it...pigskins beware! Participants will learn fundamental skills from coaches through unique drills, games, and teaching techniques. Skills taught include passing, catching, running, offensive / defensive strategies, and more. Theme days, trivia, and a Super Bowl tournament at the end of the program add to the excitement! The program is co-ed and every participant receives a Thundercat football, t-shirt, and certificate of achievement.

**\*\*Health History/Immunization form required \*\***

### THUNDERCAT 3—SPORT CLINIC (flag football, dodgeball, & kickball)

**Thundercat Sports** 3-sport program is designed to give a taste of several sports to young athletes. Enthusiastic coaches will referee, emphasize proper skills, rules, and give tips while maximizing playing time for each child. Unique games and activities will be mixed in creating a fun appropriately competitive atmosphere. The program culminates with tournament day! Program is co-ed and every participant receives a t-shirt and certificate of achievement. Participants should bring a water bottle, snack, and apply sunscreen before arriving. *No swimming.*

**\*\*Health History/Immunization form required \*\***

### BUDA ULTIMATE FRISBEE CLINIC



### NEW

This clinic will be led by coaches from the **Boston Ultimate Disc Alliance (BUDA)** and is designed to teach children all they need to know in order to play and have fun. This program will feature a mix of individual skills work, group games, and drills and is designed to be fun and very active. The U10 and U12 programs will run side-by-side and coaches will move players from one program to the other as is appropriate. By registering for one or the other, you indicate where your child should start in the program. All players will receive a jersey and disc.

**Fee: \$170 (half day) / \$235 (full day)**

**Ages: 7–15**

**Weeks: August 1st–5th or August 8th–12th**

**Times: 9:00am–12:00pm or**

**1:00–4:00pm (half day)**

**9:00am–4:00pm (full day)**

**Location: Diamond Middle School**

**Fee: \$150/week**

**Ages: 8–14**

**Weeks: June 27th–30th, July 5th–8th\***

**(Tuesday-Friday), July 11th–14th,**

**July 18th–21st, July 25th–28th,**

**August 1st–4th, August 8th–11th, or**

**August 15th–18th**

**Time: 9:00 am–1:00pm**

**Location: Center #1 Baseball Field**

**Fee: \$133**

**Ages: 7–12**

**Dates: June 27th–July 1st**

**Time: 9:00am–12:00pm**

**Location: Center Recreation Complex**

**Fee: \$133 (half day) / \$183 (full day)**

**Ages: 7–12**

**Weeks: July 25th–29th or**

**August 15th–19th**

**Times: 9:00am–12:00pm (half day)**

**9:00am–3:00pm (full day)**

**Location: Diamond Middle School**

**Fee: \$133**

**Ages: 7–12**

**Dates: July 18th–22nd**

**Time: 9:00am–12:00pm**

**Location: Center Recreation Complex**

**Fee: \$100**

**Ages: 7–9 (U10) and 10–11 (U12)**

**Dates: August 15th–18th (Mon.-Thurs.)**

**Time: 8:30am–12:00pm**

**Location: Center Track Field**



# SUMMER YOUTH SPORTS CLINICS

## PLAY TO PLAY GIRLS BASKETBALL & LEADERSHIP CLINIC

This program is being offered in partnership with **Play to Play Inc.**, a non-profit organization devoted to empowering girls through the game of basketball. All clinic instructors will have been trained in Play to Play's coaching workshop: "Coaching the Female Athlete". Directed by **Kathryn Robb and Liz O'Neil**, girls are invited to lace up their high tops and come elevate their game and have fun with other players and friends. Morning activities include basketball skills and drills, 3 v 3 and free throw competitions, while the afternoon will include the **"All Girls, All Leaders"** workshops and activities, followed by basketball games. Come elevate your game, tap into your inner leader, and feel the joy of the game."

## GIRLS DEVELOPMENTAL BASKETBALL CLINICS

This clinic, offered by the Lexington Recreation and Community Programs Department in partnership with **Hoop Mountain**, is designed for committed **girls basketball players** entering grades 7–12 who are looking to raise their skills to the next level. Staff from **Hoop Mountain** and the **LHS Girls Basketball** team will be coordinating and facilitating this new focused clinic. The clinic philosophy will be based on a progressive and intense skill development approach that **WILL BE** specific to the position played and chosen by each participant (Perimeter Players & Post Players). The girls will also experience some sport-specific tips and exercises that will improve their level of fitness. Fundamentals, footwork, game-situations, and improving basketball IQ will be the foundation for this aspect of the clinic. ***This program will take place at the Lexington High School Gymnasium.***

## VIKING BASKETBALL CAMP

**NEW**

Campers will work on such skills as dribbling, shooting, passing, defensive positioning, and more. Coaches will teach both basic and advanced techniques that are important on both sides of the ball and players will learn different plays and different defensive strategies. A variety of games will be played, such as Knockout, Dynasty, and Steal the Cookies and the camp will conclude with a Final Four tournament! Please bring a water bottle, snacks, drinks, and peanut-free lunch (for full day participants) each day.

**\*\*Health History/Immunization form required \*\***

## F.A.S.T. ATHLETICS SPORTS MANIA

**NEW**

Join us for four fun-filled days of sports and games with our Sports Mania program. All participants will have a great time playing soccer, basketball, flag football, dodgeball, and kickball, but the fun continues with hand ball and pillow polo. Each day begins with proper stretching and warm-up games, and follows with the teaching of basic skills in the sports we play that day. More games and tournaments will be featured in this exciting four-day program held in a safe and FUN environment. Please bring a water bottle, snack, and drink. Full day participants should also bring a peanut-free lunch. Be sure to register!

## F.A.S.T. ATHLETICS FLAG FOOTBALL

**NEW**

**F.A.S.T. Athletics** will teach everyone game strategies, catching techniques, and most importantly how to work together as a team. The students will be able to participate in different situational games such as Red Zone Defense, Fourth and Inches, and the QB Challenge as they learn the importance of fair play. Each class will end with a simulated game broken down into 4 quarters – the coaches will have tons of plays ready to go for their teams! Participants should bring a water bottle, snack, and drink. Full day participants should also bring a peanut-free lunch. **\*\*Health History/Immunization form required \*\***

**Fee:** **\$175**  
**Ages:** 8–14 (grades 4–8)  
**Dates:** July 25th–28th (Monday–Thursday)  
**Time:** 9:00am–3:30pm  
**Location:** LHS Gym

**Ages:** 13–18 (entering grades 7–12)  
**Perimeter Player**  
**Fee:** \$150 resident / \$195 non-resident  
**Dates:** August 1, 2, 3 9:00am–12:00pm  
**Post Player**  
**Fee:** \$125 resident / \$175 non-resident  
**Date:** August 4 9:00am–1:00pm  
**Shooting/Scoring**  
**Fee:** \$150 resident / \$195 non-resident  
**Dates:** August 1, 2, 3 12:30–3:30pm  
**Combo Perimeter & Shooting**  
**Fee:** \$225 resident / \$250 non-resident  
**Dates:** August 1, 2, 3 9:00am–3:30pm  
**Combo Post Player & Shooting/Scoring**  
**Fee:** \$225 resident / \$250 non-resident  
**Dates:** August 1, 2, 3 9:00am–3:30pm

**Fee:** **\$130 (half day) / \$170 (full day)**  
**Ages:** 7–12  
**Dates:** August 22nd–26th  
**Times:** 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)  
**Location:** Center Basketball Courts

**Fee:** **\$120 (half day) / \$165 (full day)**  
**Ages:** 7–12  
**Dates:** July 5th–8th (Tuesday–Friday)  
**Times:** 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)  
**Location:** Center #2 Softball Field

**Fee:** **\$130 (half day) / \$185 (full day)**  
**Ages:** 7–12  
**Dates:** August 22nd–26th  
**Times:** 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)  
**Location:** Center Track Field





## SUMMER YOUTH SPORTS CLINICS

### CHALLENGER BRITISH MULTI-SPORTS CLINIC

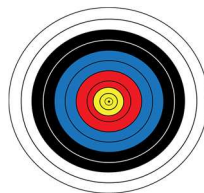
Challenger's team of British coaches will provide your boys and girls with a memorable week of nonstop action, fun, and competition - all with a British twist! Children will learn new British sports and develop new skills with team-building activities that include Tag Rugby, Cricket, Rounders, Net Ball, Team Handball, and more. They will also learn about respect, responsibility, integrity, sportsmanship, and leadership while playing hard, having fun, and making new friends. All participants should bring a water bottle, sunscreen, and snack. Full day players should bring lunch. ***No swimming.*** **\*\*Health History/Immunization form required\*\***

**Fee:** \$170 (half day) / \$235 (full day)  
**Ages:** 7–14  
**Dates:** July 11th–15th  
**Times:** 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)  
**Location:** Center Recreation Complex

### ADVENTURE KIDS KAYAKING

This program offered by **Still River Outfitters** runs for 9 hours over 3 days. It combines recreational kayaking skill development with Adventure Education initiatives for a truly unique experience. Participants will learn to overcome challenges individually through paddling and as a team throughout fun challenge games. Staff members are ACA Certified instructors and Trained Adventure Facilitators.

**Fee:** \$150  
**Ages:** 8–14  
**Dates:** July 6th–8th (Wednesday–Friday)  
**Time:** 2:00–5:00pm  
**Location:** Old Reservoir



### SUMMER ARCHERY CLINICS

Learn to shoot a bow and arrow through this **Archery USA** junior development program taught by certified instructors. All equipment is provided and students progress at their own pace.

**Fee:** \$115/week  
**Ages:** 9–14  
**Weeks:** July 11th–15th **or** August 1st–5th  
**Times:** 9:00–10:45am **or**  
11:00am–12:45pm  
**Location:** Lexington Community Center

### ELITE SOCCER CAMP

A co-ed program, run by **Tim Wheaton**, former Head Coach at Harvard University, designed to provide a supportive environment where players can develop their individual skills and understanding of tactics of the game. Groups are divided by grade and ability. Players should wear shin guards, cleats, bring a water bottle, snack, lunch (full day participants), soccer ball, water-proof sunscreen, and sneakers (on rainy days). Indoor space available during inclement weather.



**\*\*Health History/Immunization form required\*\***

**Fee:** \$165 (half day) / \$275 (full day)  
**Ages:** 6–12  
**Dates:** July 11th–15th  
**Times:** 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)  
**Location:** Diamond Middle School

### ADVANCED ELITE SOCCER CAMP

Directed by **Tim Wheaton**, former Head Coach at Harvard University and 1999 National Coach of the Year, this program is designed for the serious, dedicated player with the desire to improve and progress to the next level. The curriculum will emphasize technique, in-depth tactics and small-sided play. Players should wear shin guards, soccer cleats, and bring a soccer ball, water, snack, lunch (full day participants), and water-proof sunscreen, and sneakers (on rainy days). Indoor space available during inclement weather.



**\*\*Health History/Immunization form required\*\***

**Fee:** \$165 (half day) / \$275 (full day)  
**Ages:** 12–18  
**Dates:** July 11th–15th  
**Times:** 9:00am–12:00pm (half day)  
9:00am–3:00pm (full day)  
**Location:** Diamond Middle School

**PLEASE NOTE: ALL SUMMER PROGRAM FEES WILL INCREASE BY \$10.00 AFTER MAY 1ST. Register Early!**



## CHESS, SCIENCE & TECHNOLOGY CAMPS

### JUNE CHESS CLINIC

Join **Jim Della Selva** for a week-long chess clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in chess matches and games.

### SUMMER CHESS CLASS

These courses will teach fundamentals and combine instruction, play, group work, chess problems and games. Come learn and improve skills with instruction by U.S. Chess Federation expert, **Jim Della Selva**.

### AUGUST CHESS MINI CLINIC

Join **Jim Della Selva** for a 3-day chess clinic. This program will provide beginner and intermediate chess players with the opportunity to learn more about the game and practice their skills in chess matches and games. Participants should bring a chessboard and be ready for a fun, challenging three days.

### LEXINGTON SUMMER CHESS CHAMPIONSHIP

This two-day tournament will be based on rules implemented by the U.S. Chess Federation, and will feature 2 rounds of play each day, combined with instruction to assist all players in the strategies of chess. The players will be divided according to grade and skill, and will receive a chess medal for participation. Trophies will be presented to the top 3 winners of each section.

### FUNUTATION—Making an iPhone Game

**NEW**

Tekkies explore the process of creating iPhone apps. Kids experience basic programming, digital animation and sounds to create fun and exciting games on the iPhones. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams of two as they investigate and discuss coding principals in action. An iPhone is not required to take this camp as the games are developed on a computer. Optional: Bring your iPhone; purchase a Developer's license from Apple for \$99.

### FUNUTATION—Making a Samsung Android Game

**NEW**

Tekkies create complex apps for an Android phone or tablet using Java. Participants experience the basics of computer programming to design landscapes, animations, digital sounds, and special effects. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams of two as they investigate and discuss coding principals in action. An Android phone or tablet is not required to take this camp as the games are developed on a computer.

**Fee:** \$125  
**Ages:** 6–15  
**Dates:** June 20th–24th  
**Time:** 2:00–4:00pm  
**Location:** CC Room 230

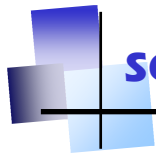
**Fee:** \$125  
**Age:** 6–15  
**Dates:** Intermediate: Tuesdays,  
June 28th–August 9th  
Beginner: Wednesdays,  
June 29th–August 10th  
**Time:** 6:00–7:00pm  
**Location:** CC Room 221

**Fee:** \$110  
**Ages:** 6–15  
**Dates:** August 22nd–24th (Mon.-Wed.)  
**Time:** AM Clinic: 11:00am–1:30pm  
PM Clinic: 2:00–4:30pm  
**Location:** CC Room 232

**Fee:** \$65 (tournament only)  
\$45 (with clinic)  
**Age:** 6–15  
**Dates:** August 25th–26th (Thurs. and Fri.)  
**Time:** 2:00–4:30pm  
**Location:** CC Room 232

**Fee:** \$245  
**Ages:** 12–15  
**Dates:** August 1st–5th  
**Time:** 9:00–11:45am  
**Location:** CC Room 242

**Fee:** \$245  
**Ages:** 12–15  
**Dates:** August 1st–5th  
**Times:** 12:15–3:00pm  
**Location:** CC Room 242



## SCIENCE & TECHNOLOGY CAMPS

### [FUNUTATION—3D Video Game Design \(for the Xbox 360\)](#) [NEW](#)

Dig deep into the inner workings of computer game design. This Tek Lab shares the steps of the game development cycle. Explore and modify the code in Visual C# Express. This is the same program used to make Xbox 360 games. Participants make an asteroids game and flight simulator. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams of two as they investigate and discuss coding principals in action.

<b>Fee:</b>	<b>\$245</b>
<b>Ages:</b>	12–15
<b>Dates:</b>	August 8th–12th
<b>Time:</b>	9:00–11:45am
<b>Location:</b>	CC Room 242

### [FUNUTATION—Digital Art & Animation with Alice and Muvizu](#) [NEW](#)

Tekkies use Alice and Muvizu to create 3D programming environments with animations that tell a story, become an interactive game, or simply do a dance. Animate objects such as people, animals, and vehicles within a virtual world. Kids discover principals of Java, C++ and C#. Kids acquire tech skills using our trademarked Funutation TEAMS hands-on, inquiry-based model. Tekkies work in teams of two as they investigate and discuss coding principals in action.

<b>Fee:</b>	<b>\$245</b>
<b>Ages:</b>	12–15
<b>Dates:</b>	August 8th–12th
<b>Time:</b>	12:15–3:00pm
<b>Location:</b>	CC Room 242

### [IncrediFlix—Live Action Flix](#) [NEW](#)

Do you want to have a blast making a movie? You don't have to be an actor to star in these movies that you make from "Action" to "That's a wrap." We'll guide you through the Hollywood process as you brainstorm, location scout, bring in props and costumes, act and direct in a collaborated movie that will be fun for the entire audience.

<b>Fee:</b>	<b>\$210</b>
<b>Ages:</b>	7–13
<b>Dates:</b>	July 18th–22nd
<b>Time:</b>	9:00am–12:00pm
<b>Location:</b>	CC Room 242

### [IncrediFlix—Lego Flix](#) [NEW](#)

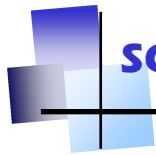
We know you love Legos and can create incredible Lego worlds. Now it's time to bring those worlds to life in Lego Stop-Motion Animated Flix! We provide the Legos, and you provide your imagination. Students will create a Lego set with Lego characters or a movie they storyboard, write, shoot, and voice-over in age-appropriate groups.

<b>Fee:</b>	<b>\$210</b>
<b>Ages:</b>	7–13
<b>Dates:</b>	July 18th–22nd
<b>Time:</b>	1:00–4:00pm
<b>Location:</b>	CC Room 242

### [IncrediFlix—Live Action and Lego Flix Full Day](#) [NEW](#)

Are you the next star director? Actor? Writer? Cameraman? You get to do it all in these live action flix! Make visions come true in these movies where students act, write, direct, and more. Afternoons are Lego animation movies. We know you love Legos and that you can create incredible worlds. Now it's time to bring those worlds to life! Lunch supervision included at no cost!

<b>Fee:</b>	<b>\$390</b>
<b>Ages:</b>	7–13
<b>Dates:</b>	July 18th–22nd
<b>Time:</b>	9:00am–4:00pm
<b>Location:</b>	CC Room 242



## SCIENCE & TECHNOLOGY CAMPS

### WICKED COOL FOR KIDS—WICKED GROSS SCIENCE

NEW

Gross Science is not for the easily queasy! The gross yet fascinating things in life may hide many science secrets, like what's hidden in a diaper. Kid chemists can discover acids and bases and make putrid potions that bubble and burp. We will create alien slime, dissect owl puke and grow gross bacteria. Slither with snakes and slimy worms and find out what's behind that smell—ewww! Wicked Gross Science is guaranteed to be grossly amusing.

<b>Fee:</b>	<b>\$240</b>
<b>Ages:</b>	5—10
<b>Dates:</b>	July 11th—15th
<b>Time:</b>	9:00am—12:00pm
<b>Location:</b>	CC Room 230/232

### WICKED COOL FOR KIDS—LEGO ENGINEERING

We've expanded our LEGO Engineering program to include STEM-based challenges and free building—two things kids love. We will build mechanisms that incorporate gears, flywheels, and cams to build amazing contraptions. We'll crank up the fun using creativity to build with LEGOs in problem solving challenges. Design a spinning eggbeater or create a car to carry LEGO bricks uphill. Kids love rising to the LEGO challenge.

<b>Fee:</b>	<b>\$240</b>
<b>Ages:</b>	5—10
<b>Dates:</b>	July 11th—15th
<b>Time:</b>	1:00—4:00pm
<b>Location:</b>	CC Room 230/232

### WICKED COOL FOR KIDS—ROCKET SCIENCE

Rocket Science is a blast for any junior rocketeer! Rocket Scientists will learn about propulsion by building compressed air rockets, water rockets and rockets that blast off via chemical reactions! As aerospace engineers, we will travel to infinity and beyond while learning the laws of aerodynamics and flight. For a fantastic finish, we will launch our own customized Estes Rocket on Friday (weather permitting).

<b>Fee:</b>	<b>\$240</b>
<b>Ages:</b>	5—10
<b>Dates:</b>	July 25th—29th
<b>Time:</b>	9:00am—12:00pm
<b>Location:</b>	CC Room 230/232

### FUN WITH RUBIK'S CUBE

NEW

Come join the fun as we explore the timeless challenge of solving the 3x3 Rubik's Cube. Beginners are welcomed and encouraged to learn techniques from a World Cube Association Delegate and competitor **Sam Schultz**. We will also cover topics ranging from other twisty puzzles to the operations of the World Cube Association. We will end the week with an exciting tournament. Speedcubes will be provided!

<b>Fee:</b>	<b>\$115</b>
<b>Ages:</b>	10—14
<b>Dates:</b>	July 5th—8th (Tuesday-Friday)
<b>Time:</b>	9:00am—1:00pm
<b>Location:</b>	CC Room 242

### CHESS/KOOL SCIENCE CLINIC

Science teacher, **Bill Richard** will ensure that you have a fun-filled week observing, hypothesizing, and testing your own ideas as we delve into magnetism, sound, design technology, and flight. Hands-on projects, use of the scientific methods, and learning by doing will be emphasized. Chess teacher and player, **Jim Della Selva** will teach your child the fundamentals of chess from beginner to the more advanced aspects of the game. Expand your knowledge base and learn techniques designed to improve all phases of your game.

<b>Fee:</b>	<b>\$ 170</b>
<b>Ages:</b>	6—13
<b>Dates:</b>	July 11th—15th
<b>Time:</b>	1:00—3:00pm
<b>Location:</b>	CC Room 217



## SCIENCE & TECHNOLOGY CAMPS

### WICKED COOL FOR KIDS—SUPERHERO PHYSICS

**NEW**

What makes a superhero super? Physics! Conduct gravity experiments to learn what it takes for Superman to leap over tall buildings in a single bound. Create optical illusions to understand how Wonder Woman's jet can disappear. We'll investigate how Spiderman (and real spiders) can walk up walls and examine Batman's super gadgets that help him fight crime. Morph into the world of superheroes using the science that could make superheroes a reality. Super science fun!

<b>Fee:</b>	<b>\$240</b>
<b>Ages:</b>	5—10
<b>Dates:</b>	July 25th—29th
<b>Time:</b>	9:00am—12:00pm
<b>Location:</b>	CC Room 230/232

### WICKED COOL FOR KIDS—EXTREME EARTH

**NEW**

Junior geologists and elementary engineers: harness earth's extremes as we investigate its awesome powers in the form of wind, water, weather, and sunlight. We will explore our wide world and focus on earth's energy sources and the process of engineering amazing gadgets that transform energy into useful creations. Build solar cars to harness the power of the sun and explore earth's magnetism and electrical energy. Dig deep into earth science when we build a better volcano, create a fantastic water filter, and classify some real fossils to take home.

<b>Fee:</b>	<b>\$370</b>
<b>Ages:</b>	5—10
<b>Dates:</b>	August 1st—5th
<b>Time:</b>	9:00am—4:00pm
<b>Location:</b>	CC Room 230/232

### WICKED COOL FOR KIDS—MINECRAFT MANIA

Minecraft Mania is a blend of virtual learning and companion hands-on activities that explore science and engineering using Minecraft. Use an interactive avatar to investigate a game based educational environment. Minecraft Mania lessons have both computer and real world components covering geology, engineering, physics, and biology. Serious Minecraft Maniacs will be excited to learn about the properties of rocks and minerals and take home their own rock collection. We'll use our skills to build skyscrapers and simple machines as well as plant our own crops in enjoyable experiential challenges. Join us for a week of fascination in our Minecraft classroom!

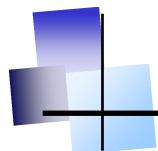
<b>Fee:</b>	<b>\$370</b>
<b>Ages:</b>	6—10
<b>Dates:</b>	August 8th—12th
<b>Time:</b>	9:00am—4:00pm
<b>Location:</b>	CC Room 230/232

### WICKED COOL FOR KIDS—MINECRAFT MASTERCRAFTERS

Experience Minecraft Mastercrafters and advanced Minecraft program where educational gaming is offered in conjunction with our hands-on science and engineering activities as focused, companion lessons. Think you've got what it takes to be a Mastercrafter? Hone your Minecraft skills in this teacher-controlled platform where we learn and interact virtually in a classroom setting. Student teams will explore, manipulate, problem-solve and build in worlds that have been customized for Wicked Cool learning activities. We will become Mastercrafters as we focus on energy, powering mechanisms, and using redstone to build and design our way through the tricky labyrinth of the "Mastercrafter Island."

<b>Fee:</b>	<b>\$370</b>
<b>Ages:</b>	8—12
<b>Dates:</b>	August 15th—19th
<b>Time:</b>	9:00am—4:00pm
<b>Location:</b>	CC Room 230/232





## SWIMMING IN LEXINGTON SWIM TAG REGISTRATION 2016

The Recreation and Community Programs Department operates two outdoor swimming facilities during the summer months. The opening date for both facilities is June 4, 2016. The **Old Reservoir**, located on Marrett Road, is a fresh water pond with a sandy beach. Open seven days per week from 10:30am to 7:00pm, it is a favorite place for families and children. The **Irving H. Mabee Town Pool Complex**, located on Worthen Road at the Center Recreation Complex, is also open seven days per week. On weekdays, a variety of programs including American Red Cross swim lessons, adult lap swim, adult aqua aerobics, and Swim Team share pool space, but generally the public swim hours are weekdays 12:45–4:30pm and 7:00–8:45pm. **Swim lesson information, registration procedures, and dates will be included in the summer program brochure, published in late April.**

The Recreation and Community Programs Department sells season memberships to the aquatics facilities. The **swim tag** is valid at both the Old Res and Town Pool. Residents may opt to pay a daily fee instead of purchasing a swim tag. **Resident swim tags will be sold at the Lexington Community Center on weekdays from 8:30am–8:00pm and on Saturdays from 10:00am–3:00pm from March 7th through June 3rd.** Resident swim tags can also be purchased at the **Tennis Booth**, which is located next to the Town Pool bath house. The dates and times for the Tennis Booth are as follows:

- |                        |                   |                |
|------------------------|-------------------|----------------|
| • May 16th-June 3rd    | Monday–Friday     | 4:30–7:30pm    |
| • June 6th-June 17th   | Monday–Friday     | 3:00–7:30pm    |
| • June 20th-July 1st   | Monday–Friday     | 1:00–7:30pm    |
| • July 4th             | Monday            | 10:00am–2:00pm |
| • July 5th-August 19th | Monday–Friday     | 4:30–7:30pm    |
| • May 14th-August 21st | Saturday & Sunday | 10:00am–2:00pm |

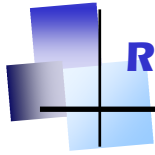
**As of June 4th, all resident swim tags must be purchased at the Tennis Booth.** Swim tags will also be available for purchase at **Discovery Day in Lexington on Saturday, May 28th.**

**Purchase your swim tags early. Do not wait for the first hot day of the summer!**

<b>2016 SWIM TAG FEES:</b>	\$ 50.00	Senior Adult (Age 62+)
	\$ 75.00	Individual (ages 3–61)
	\$225.00	Resident family (two adults & all children ages 3–18 residing full time in the same household)
	\$375.00	Non-resident family (available for purchase through March 11th)
	\$150.00	Non-resident individual (available for purchase through March 11th)
	\$ 25.00	Replacement for lost swim tag

<b>2016 DAILY FEES:</b>	\$5.00 per person	Resident youth, adult, and senior adult and each guest
	\$20.00	Resident family maximum at <b>Town Pool or Old Res</b>
	\$6.00 per person	Non-resident youth, adult, and senior adult and each guest at <b>Old Res ONLY</b>
	\$24.00	Non-resident family maximum at <b>Old Res ONLY</b>

**NO REFUNDS OR CREDITS ARE GIVEN FOR THE PURCHASE OF SWIM TAGS!**



# RECREATION PARKS, PLAYGROUNDS, AND FIELDS

## **Adams Park**

**Location:** 739 Massachusetts Ave. (behind Waldorf School)

**Facilities:** Intermediate soccer field, 2 tennis courts, basketball court, play structure, swings.

## **Baskin Park**

**Location:** Wyman Road

**Facilities:** basketball court, open space, T-ball area.

## **Blossom Park**

**Location:** Blossom Street

**Facilities:** open space.

## **Bowman Park**

**Location:** 13 Watertown Street/Pleasant Street

**Facilities:** trails.

## **Bowman School Field**

**Location:** 9 Philip Road

**Facilities:** school playfield, Little League field, basketball court, open athletic field, play structure, swings.

## **Bridge School Fields**

**Location:** 55 Middleby Road

**Facilities:** school playfield, swings, net climbing structure, play structure, 2 softball fields, open space, trails.

## **Center Recreation Complex**

**Location:** Worthen Road

**Facilities:** 1 soccer field, 1 lighted softball field, track, 2 baseball fields (1 lighted), skate park, 2 lighted basketball courts, Little League field, 3 tennis practice boards, 10 tennis courts (4 lighted), outdoor pool complex (4 pools), tennis booth, bathroom facilities, swings, 2 play structures, football field.

## **Clarke Middle School Fields**

**Location:** off Brookside Avenue

**Facilities:** school playfield, regulation soccer field, softball field, baseball field, basketball court, 3 tennis courts, open athletic field, nature trail.

## **Diamond Middle School Fields**

**Location:** Sedge Road

**Facilities:** school playfield, softball field, baseball field, soccer fields.

## **Estabrook School Field**

**Location:** 117 Grove Street

**Facilities:** school playfield, 2 basketball hoops, softball field, intermediate soccer field, modular play equipment, swings.

## **Fiske School Fields**

**Location:** 55 Adams Street

**Facilities:** school playfield, 2 Little League fields, play equipment, swings.

## **Franklin Park**

**Location:** 5 Stedman Road

**Facilities:** softball/junior baseball field, intermediate size soccer field, play structure, swings, slide, trails.

## **Freemont Street**

**Location:** Freemont Street

**Facilities:** wooded area, trails.

## **Garfield Park**

**Location:** Garfield Street

**Facilities:** play structure, Little League field, trails, swings.

## **Harrington School Fields**

**Location:** 328 Lowell Street

**Facilities:** school playfield, softball field, Little League field, soccer field, basketball court, play equipment, swings.

## **Hastings School Field**

**Location:** 7 Crosby Road

**Facilities:** school playfield, play structure, swings, basketball court, Little League field, intermediate soccer field.

## **Justin Park**

**Location:** Justin Street

**Facilities:** play structure, swings, open space, trails.

## **Kinneens Park**

**Location:** Burlington Street

**Facilities:** play structure, swings, 1/4 basketball court, T-ball field.

## **Lexington Old Reservoir**

**Location:** Marrett Road

**Facilities:** swimming facility, bathhouse, picnic area, trails.

## **Lincoln Park**

**Location:** Lincoln Street

**Facilities:** 3 infill synthetic turf athletic fields, softball field, Little League field, fitness path, nature trails, bathroom facility, picnic area with grills and shelters, 2 play structures, spring riders, swings.

## **Marvin Park**

**Location:** Winter Street

**Facilities:** play structure, swings, basketball court, open space, trails.

## **Munroe Park**

**Location:** 1403 Massachusetts Avenue

**Facilities:** play structure, swings, sand digger, open field space, T-ball area.

## **Muzzey Field**

**Location:** next to 1475 Massachusetts Avenue

**Facilities:** intermediate soccer field, open space.

## **Oxford/Bow Street Park**

**Location:** Bow Street

**Facilities:** swing set, Minuteman Bikeway.

## **Parker School Land (Valley)**

**Location:** Valley Road

**Facilities:** 2 tennis courts, open space.

## **Pine Meadows Golf Club**

**Location:** 255 Cedar Street

**Facilities:** 9 hole public golf course, clubhouse.

## **Poplar Street Park**

**Location:** Poplar Street

**Facilities:** open space, trails.

## **Rindge Park**

**Location:** Rindge Avenue

**Facilities:** play structure, swings, basketball court, open space, T-ball fields.

## **Sutherland Park**

**Location:** Sutherland Road

**Facilities:** Little League field, basketball court, play structure, swings, trails, open field space.

## **Tower Park**

**Location:** Massachusetts Avenue

**Facilities:** open space, walkways, bikeway.

## **Valleyfield Park**

**Location:** Valleyfield Street

**Facilities:** open space, trails.

## **Willard's Woods**

**Location:** North Street

**Facilities:** wooded area, trails, orchard, open fields.



## OTHER LEISURE PURSUITS

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### [Teresa and Roberta Lee Fitness ~ Nature Path](#)

The fitness and nature path is 1.35 plus miles and wanders through delightful natural areas as well as around the playing fields at Lincoln Park. There are fifteen (15) self-directed, accessible exercise stations for fitness and nature enthusiasts of all levels to enjoy. The Teresa and Roberta Lee Fitness ~ Nature Path can be accessed from either the entrance to Lincoln Park or from Worthen Road across from the Center Recreation Complex.

### [Bicycling](#)

Maps of Lexington bike paths are available at the Recreation and Community Programs Department office, Conservation office, and the Chamber of Commerce.

### [Ball Field Permits](#)

A limited number of ball fields are available for residents to use, field conditions permitting. **Permits are required for play on ALL fields.** Permits are issued at the Recreation and Community Programs Department office on a first-come, first-serve basis. Please contact the Recreation and Community Programs Department.

### [ED2GO ~ Online Education Courses](#)

Update your skills, discover a new talent, or chart a career path at your own pace and at your convenience with our online courses. Each course runs for six weeks and is comprised of 12 lessons. All materials are made available to you over the World Wide Web. All you need to get started is Internet access, an email address and a Web browser. Take a look at the online site: [www.ed2go.com/lexrec](http://www.ed2go.com/lexrec) to view courses.

### [Pine Meadows Golf Club](#)

This public course opens in mid-March, weather permitting. The club is owned by the Town of Lexington and managed by New England Golf Corporation. This par 35 course features elevated tees, tree-lined fairways and rolling greens. Call the Pro Shop at (781) 862-5516 for 2016 fees and tee time schedules. **Golf ID cards** (\$10.00) are available at the Recreation and Community Programs Department Office for Lexington Residents **ONLY**. A Golf ID card entitles the holder to reserve tee times up to 14 days in advance.

### [Sing Along Chorus and Sing Along Singers: Integrated Choruses of Teens and Adults](#)

Members of the choruses meet for weekly evening rehearsals, which include time for socializing and refreshment. Community outreach activities by the choruses have included performances at hospitals, nursing homes, and the annual SNAP fundraising concert. This year the choruses will meet and rehearse at the Lexington Community Center. The choruses are run by Special Needs Arts Programs, Inc. For more information email: [info@SNAPsing.org](mailto:info@SNAPsing.org).

### [SPARCL ~ Special Arts Classes](#)

Special Art Classes for adults in painting, clay, crafts, and other multi-art media. This year, the Saturday classes will take place at the Lexington Community Center. For more information email: [info@SNAPsing.org](mailto:info@SNAPsing.org).

### [LABBB ~ Special Events](#)

The Lexington Community Center will be collaborating with the LABBB program to offer a series of special events on March 18th and May 19th. These dances and events begin at 6:00pm. For more information, check the Recreation and Community Programs website.

**Town of Lexington**  
**SUMMER 2016 CAMP & CLINIC**  
**EMERGENCY INFORMATION AND HEALTH FORM**

**PLEASE RETURN PROMPTLY TO:**

Lexington Recreation and Community Programs  
1625 Massachusetts Avenue  
Lexington, MA 02420

**CHILD'S NAME** \_\_\_\_\_

Last

First

Middle Initial

CHILD'S DATE OF BIRTH \_\_\_\_\_ AGE \_\_\_\_\_ MALE \_\_\_ FEMALE \_\_\_ FALL 2016 GRADE \_\_\_\_\_

ADDRESS \_\_\_\_\_ ZIP \_\_\_\_\_

HOME # \_\_\_\_\_ CELL # \_\_\_\_\_ EMAIL: \_\_\_\_\_

MOTHER (OR GUARDIAN) \_\_\_\_\_ WK # \_\_\_\_\_ CELL # \_\_\_\_\_

FATHER (OR GUARDIAN) \_\_\_\_\_ WK # \_\_\_\_\_ CELL # \_\_\_\_\_

\* \* \* \* \*

**EMERGENCY INFORMATION:** If a parent is not available, please notify:

NAME \_\_\_\_\_ RELATIONSHIP TO CHILD \_\_\_\_\_

ADDRESS \_\_\_\_\_ PHONE# \_\_\_\_\_

BUSINESS PHONE # \_\_\_\_\_ CELL # \_\_\_\_\_

FAMILY PHYSICIAN \_\_\_\_\_ PHONE# \_\_\_\_\_

DENTIST / ORTHODONTIST \_\_\_\_\_ PHONE# \_\_\_\_\_

INSURANCE CARRIER \_\_\_\_\_ POLICY# \_\_\_\_\_

\* \* \* \* \*

**HEALTH HISTORY:**

Please fill out the information below. You **MUST ALSO** attach a copy of your child's immunizations and physical record to this form.

**IMMUNIZATIONS:** Please list dates and **attach a copy of the signed Physician/Immunization Report**

Measles/Mumps/Rubella \_\_\_\_\_

DPT/TOPV \_\_\_\_\_

Tetanus \_\_\_\_\_

Tuberculin Test (most recent date & results) \_\_\_\_\_

Other Immunizations \_\_\_\_\_

DOES YOUR CHILD HAVE ANY SPECIAL NEEDS THAT THE LEADERS NEED TO BE AWARE OF? IF YES PLEASE EXPLAIN. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

WHAT SPECIFIC ISSUES RELATING TO PARTICIPANT'S SOCIAL BEHAVIOR AND EDUCATIONAL DEVELOPMENT SHOULD STAFF BE AWARE OF? INCLUDE FOOD ISSUES, FEARS, INTERESTS, ETC. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**PLEASE FILL OUT SIDE 2**

**HEALTH HISTORY CONTINUED:**

DOES THIS CHILD HAVE ANY ALLERGIES? (Please specify)

DOES THIS CHILD HAVE ANY MEDICAL PROBLEMS REQUIRING SPECIAL ATTENTION? (Please specify)

Please check box and/or circle which program or programs you will be attending.

<u>Program</u>	<u>Dates</u>	<u>Locations</u>
<input type="checkbox"/> Challenger British Multi-Sports Clinic	July 11th—15th	Center Recreation Complex
<input type="checkbox"/> Challenger British Soccer	August 1st—5th	Diamond Middle School Field
<input type="checkbox"/> Challenger British Soccer	August 8th—12th	Diamond Middle School Field
<input type="checkbox"/> Discover the Fun Camp (please circle each week)	June 27th; July 5th; July 11th; July 18th; July 25th; August 1st; August 8th; August 15th	Lexington High School
<input type="checkbox"/> Elite Soccer Camp/Advanced Elite Soccer Camp	July 11th-15th	Diamond Middle School Field
<input type="checkbox"/> F.A.S.T. Athletics Flag Football	August 22nd—26th	Center Recreation Complex
<input type="checkbox"/> Skyhawks Multi-Sports Clinic	August 22nd—26th	Center Recreation Complex
<input type="checkbox"/> Skyhawks SNAG Beginner Golf	July 11th—15th	Lexington Community Center
<input type="checkbox"/> Thundercat 3-Sport Clinic	July 18th—22nd	Center Recreation Complex
<input type="checkbox"/> Thundercat Dodgeball & Sports	June 27th—July 1st	Center Recreation Complex
<input type="checkbox"/> Thundercat Flag Football	July 25th—29th	Diamond Middle School Field
<input type="checkbox"/> Thundercat Flag Football	August 15th—19th	Diamond Middle School Field
<input type="checkbox"/> Thundercat Kiddie Cat Jam (please circle each week)	June 20th; July 5th; July 11th;	Center Recreation Complex
<input type="checkbox"/> Viking Basketball Camp	August 22nd—26th	Center Recreation Complex
<input type="checkbox"/> Viking Multi-Sports Camp	August 15th—19th	Center Recreation Complex

**PERMISSION: Parents, please read and sign the Medical Consent and Release of Liability below to complete registration.**

I/We, the parent(s)/guardian(s) of \_\_\_\_\_, a minor, do hereby consent to his/her participation in the Town of Lexington **Department of Recreation and Community Programs** sponsored programs, pictures to be taken of my/our child for advertisement or promotion of programs and to his/her use of the recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Department of Recreation and Community Programs staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

As the undersigned parent/guardian I understand that no confirmations will be mailed and no refunds will be given after the start of the program. Further, this verifies that the participant is up to date with their immunizations and is able to participate in all activities.

Signature \_\_\_\_\_ Print Name \_\_\_\_\_ Date \_\_\_\_\_

**NOTE:** This EMERGENCY INFORMATION / HEALTH FORM MUST be returned to the Recreation office a **minimum of 14 days** prior to the start of the program. Your child will not be allowed to participate in the program unless this form is on file and reviewed by the Lexington Health Department.

Please return this form and a copy of your child's physical and immunization record to:  
Lexington Recreation and Community Programs  
1625 Massachusetts Avenue, Lexington, MA 02420 (mailing address) or bring it to the  
Lexington Community Center, 39 Marrett Road, Lexington MA 02421

**PLEASE FILL OUT BOTH SIDES OF THIS FORM.**



**Lexington Recreation and Community Programs Department  
Registration Form**

Last Name \_\_\_\_\_ First Name \_\_\_\_\_ M \_\_\_\_\_ F \_\_\_\_\_

Address \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Cell # \_\_\_\_\_

Email Address (please print) \_\_\_\_\_

Grade \_\_\_\_\_

D.O.B. \_\_\_\_\_ Age \_\_\_\_\_ Fall 16 \_\_\_\_\_ School \_\_\_\_\_ T-shirt size \_\_\_\_\_

Emergency Contact Name & Phone \_\_\_\_\_

Special instructions and/or information that the instructor needs to be aware of (medical concerns, allergies, special needs, etc.): \_\_\_\_\_

I, \_\_\_\_\_ the participant, or I/We, the parent(s)/guardian(s) of \_\_\_\_\_ a minor, hereby consent to participation in the Town of Lexington Recreation and Community Programs Department, pictures to be taken of my/our child for advertisement and/or promotion of program and to his/her use of recreational facilities and equipment of the Town of Lexington. I/We further agree to release and save harmless the Town of Lexington, its officers, employees, agents, and attorneys from any and all liability or expenses arising out of any incident involving, or on account of any injury to the above named minor in connection with such program, hereby give permission to the Town of Lexington Recreation and Community Programs Department staff to provide and administer immediate first aid and authorize a physician at a local hospital to secure proper treatment for my/our child as named above if the need arises.

Adult Participant or Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

Please Print Adult Participant or Parent Name \_\_\_\_\_

Program Title	Date/Day/Session	Time	Fee
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____
_____	_____	_____	\$ _____

I would like to donate to the Recreation and Community Programs financial aid fund which allows children to participate in Recreation and Community Programs in the community.

Donation Amount \$ \_\_\_\_\_

TOTAL PAYMENT INCLUDED (program fees & donation): \$ \_\_\_\_\_

Type of Payment: VISA \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ Check \_\_\_\_\_ Cash \_\_\_\_\_

If paying by credit card: Card Account # \_\_\_\_\_ Exp Date \_\_\_\_\_

Cardholder Signature \_\_\_\_\_

**Make checks payable to the TOWN OF LEXINGTON and mail registration and payment to:**

Lexington Recreation and Community Programs  
1625 Massachusetts Avenue, Lexington, MA 02420

You may also use drop registrations off at the Lexington Community Center, 39 Marrett Road.

Town of Lexington  
Recreation & Community Programs  
1625 Massachusetts Avenue  
Lexington, MA 02420

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## **THINGS TO LOOK FOR IN UPCOMING BROCHURES**

### **SUMMER 2016**

(published in April 2016)

Town Pool and Old Reservoir Swim Schedule  
Swim Lesson Schedule & Registration Information  
Summer Adult & Lifetime (60+) Classes & Programs  
Lexington Community Center Programs  
Summer Family Fun Nights and Special Events  
Fall Youth NFL FLAG Football League

